SPEAK NATURALLY LAB

从看懂到说出来

英语口语训练指南 · 完整教材

为 Listening 8.0 / Reading 8.0、Speaking 6.0 的学习起点设计；以自然、准确、可迁移的表达向口语 7.0–7.5+ 迈进。

全书包括 10 个方法章节、50 个句式、50 个完整话题和 9 个个人预设专题。个人错误库需在导入真实口语记录后建立。

2026 年 10 月 · 与网站课程数据同步

使用说明

从一个熟悉的话题开始，先不看表达自由说 60–90 秒。然后挑两三条确实用得上的表达，理解完整例句、场景和语气，换成自己的内容，再合上材料说一遍。每两天做无提示回忆，一周后跨话题迁移。

表达的价值来自语境和可用性。简单句若自然清楚，无需为了所谓“高级”强行替换。教材中的专属专题是预设训练材料，不等于已观察到你的个人错误。

目录

PART I 原理篇 6

01 为什么学了很多年英语，还是说不出来 . . . 6

02 口语好的人，到底在调用什么 . . . 7

03 先判断：你更需要补基础，还是练调用 . . . 8

PART II 方法篇 10

04 从词块和句式到输出：一套完整的口语训练流程 . . . 10

05 词块和句式到底应该怎么练 . . . 11

06 怎么把别人的英语变成自己的英语 . . . 12

PART III 执行篇 14

07 你每天到底应该怎么练 . . . 14

08 常见的口语训练误区 . . . 15

09 建立你自己的口语训练系统 . . . 16

10 一次完整的自学实战：用一个话题练到底 . . . 17

PART IV 句式练习参考 19

PART V 日常英语聊天话题库 41

01 最近的生活与近况 | Life Lately . . . 41

02 工作与学习的一天 | A Typical Day . . . 44

03 周末安排 | Weekend Plans . . . 47

04 朋友与社交 | Friends and Social Life . . . 50

05 家庭与亲密关系 | Family and Relationships . . . 53

06 居住环境 | Where I Live . . . 56

07 饮食与做饭 | Food and Cooking . . . 59

08 运动与健身 | Fitness and Exercise . . . 62

09 阅读与媒体 | Reading and Media . . . 65

10 音乐与播客 | Music and Podcasts . . . 68

11 旅行计划 | Travel Plans . . . 71

12 假期与放松 | Holidays and Rest . . . 74

13 购物与消费 | Shopping and Spending . . . 77

14 科技与手机 | Technology and Phones . . . 80

15 健康与睡眠 | Health and Sleep . . . 83

16 天气与季节 | Weather and Seasons . . . 86
17 通勤与交通 | Getting Around . . . 89
18 城市生活 | City Life . . . 92
19 兴趣与爱好 | Hobbies . . . 95
20 未来计划 | Plans for the Future . . . 98
21 一次难忘的旅行 | A Memorable Trip . . . 101
22 一次意外的经历 | An Unexpected Experience . . . 104
23 学会一项新技能 | Learning a New Skill . . . 107
24 一次艰难的决定 | A Difficult Decision . . . 110
25 克服困难 | Overcoming a Challenge . . . 113
26 一次成功的合作 | Working with Others . . . 116
27 改变一个习惯 | Changing a Habit . . . 119
28 一位影响我的人 | Someone Who Influenced Me . . . 122
29 一次重要的对话 | An Important Conversation . . . 125
30 一次失误与收获 | A Mistake I Learned From . . . 128
31 第一次去一个地方 | Visiting Somewhere New . . . 131
32 一次比赛或活动 | A Match or Event . . . 134
33 一次学习突破 | A Learning Breakthrough . . . 137
34 一个难忘的周末 | A Weekend to Remember . . . 140
35 一个改变看法的时刻 | Changing My Mind . . . 143
36 工作与生活的平衡 | Work-Life Balance . . . 146
37 远程工作 | Remote Work . . . 149
38 社交媒体 | Social Media . . . 152
39 人工智能与学习 | AI and Learning . . . 155
40 旅行的意义 | Why Travel Matters . . . 158
41 大学教育 | University Education . . . 161
42 运动与社会 | Sports and Society . . . 164
43 城市与公共空间 | Cities and Public Space . . . 167
44 环境与日常选择 | Environment and Daily Choices . . . 170
45 消费与幸福感 | Money and Happiness . . . 173
46 成功的定义 | What Success Means . . . 176
47 文化差异 | Cultural Differences . . . 179
48 做决定与不确定性 | Decisions and Uncertainty . . . 182
49 终身学习 | Lifelong Learning . . . 185
50 科技如何改变交流 | Technology and Communication . . . 188

PART VI 个人专属英语口语专题 **191**

01 日常英语互动 191

02 足球与足球比赛分析 192

03 体育商业与俱乐部管理 194

04 学术研究与导师沟通 195

05 数据分析与机器学习讨论 197

06 海外大学生活 198

07 介词短语专项训练 200

08 熟词生义专项训练 201

09 自然表达替换专项训练 203

PART I 原理篇

先搞清楚为什么说不出来。

01 为什么学了很多年英语，还是说不出来

区分理解、提取和现场组织表达；用真实样本定位瓶颈，而不是给自己贴“词汇量不够”的标签。

输入与输出的时间条件不同

阅读时你能停下来、回看、依靠上下文推断；对话时必须在几秒内选择内容、调出表达、组织句子，还要听对方下一句。Listening 和 Reading 8.0 说明你有较强的理解基础，却不能单独说明哪个输出环节需要训练。把“认识这个词”与“能无提示说出这个词”分开记录，才能避免反复学习已经看得懂、却仍不会调用的材料。

卡住不一定是语言问题

自由回答一个陌生问题时，即使用中文也可能需要想内容。另一些停顿来自对语气的顾虑：你知道一个说法，却不确定它是否适合导师、朋友或球迷聊天。还有些地方只是正常的口语修正。先听完整段落，判断信息是否传达，再决定哪里值得修复。不要把每个 um、重复或半句都标成错误。

用最小样本建立起点

选择“最近过得怎么样”“一场印象深刻的比赛”“你的研究目前在做什么”三个熟悉问题，各说 60–90 秒。分别记下：想法是否清楚，哪一处找不到英语，哪一处只有单一说法，哪一处虽不流畅却完全自然。至少跨两个不同主题观察到同类问题，才把它列为训练重点。

同一个卡点要做两次检验

第一次听录音时，只记录交流是否成功：听者能否明白你在说什么、为什么这样想、下一步是什么。第二次才看局部表达。把“当时想不到词，但读到例句就懂”标为提取问题；把“连例句也看不懂”标为理解问题；把“词都懂却讲不清关系”标为组织问题。三种情况的训练方法不同，不要统统用背词解决。

设立可比较的基线

选相同类型但不同内容的三个题目，每次保留原始录音、题目和日期。两周后用新的题目再录，比较信息完整度、澄清能力与表达调用，而不只数停顿。若话题熟悉度差异很大，应在记录中注明，避免把内容优势误当成语言进步。

真实使用示范

日常回应 • I've been busy with work lately, but I'm starting to get back into a routine.

句子简单但具体；不必为了“高级”把 busy 删除。

科研说明 • I'm still narrowing down the research question, so I don't want to draw a conclusion yet.

把尚未确定的状态说清楚，比堆积专业术语有用。

主动输出练习

三段基线录音

分别回答上述三个问题，不看提示，每题 60–90 秒。

检查：记录至少一个成功传达的意思和一个真正影响交流的卡点。

三栏诊断

把卡点分入“内容” “提取” “句子组织/语音”三栏；有疑问时标“待确认”。

检查：不得仅因停顿就写“语法错误”。

本章完成标准

□ 能解释输入能力和主动输出的区别

□ 保留自然的简单表达

□ 以真实样本而非分数推断训练重点

02 口语好的人，到底在调用什么

把注意力从孤立词汇转向完整句、词块、交流功能和可讲述的真实内容。

完整句是可复用的起点

说话时经常调出的是已经熟悉的句子骨架，例如 “I can see why you might think that, but...” 或 “What it comes down to is...” 。它们不是万能模板；价值在于帮助你处理真实的交流动作：承认对方、解释原因、限制结论、转入例子。先记住完整句及使用场景，再观察可替换的位置。

词块帮助减少临时拼接

“on the same page” “get around to reading” “have a lot on my plate” 都包含稳定的搭配关系。只背 page、around、plate 的字面意思无助于说出口。词块也有边界：have a lot on my plate 强调承担很多事，不等于所有时候的“忙”；如果只是现在不方便接电话，直接说 “I’ m busy right now” 更准确。

互动能力决定自然度

真实聊天需要回应、澄清、确认、追问和适度异议。一个人可以说很长，却不接对方的话；这通常比缺一个所谓高级词更妨碍交流。训练时让 AI 或搭档自然追问，不预先背完答案。练习 “That makes sense” “I see your point” “That’ s not quite what I meant” 的语用差别。

从整句观察可替换位置

拿到 “I finally got around to reading it” 时，先问是谁说、之前为什么没做、现在是否完成。随后只替换宾语：watching the match、replying to the email、booking the ticket。再换时间或说话对象。这样得到的是可以调用的口语动作，而不是抽象公式。

句式与互动一起练

独白练习可帮助你组织内容，但真实聊天要根据对方反应调整。搭档若说 “That sounds exhausting” ，合适的下一句可能是补充感受或纠正误解，而不是机械背完准备好的第二段。练习时让追问顺序变化，允许停下来澄清。

真实使用示范

回应并保留不同意见 • That's a fair point. I'd still be careful about drawing that conclusion from one season.

先承认合理性，再限制结论；不等于同意全部论证。

修复误解 • That's not quite what I meant. I was talking about the model's limitations, not the whole project.

明确指出误解位置，避免只重复原句。

主动输出练习

交流功能标注

回听一段 2 分钟对话，标出回应、追问、澄清、解释四类动作。

检查：至少找出一个可以更自然接话的位置。

同句迁移

把 “That’ s a fair point, but...” 用在足球、科研和生活三个不同场景。

检查：三句都必须反映真实立场，不能机械附会。

本章完成标准

□ 能指出句式解决的交流任务

□ 能解释一个词块适用与不适用的场景

□ 练习接话而不只练独白

03 先判断：你更需要补基础，还是练调用

建立可重复的诊断流程，分清不会、不熟和临时想不起。

做两次不同提示条件的回答

第一次不看任何材料回答问题；第二次只给自己 3 个已认识的英文提示词，再回答同题。如果第二次明显更清楚，说明问题可能集中在主动提取；如果两次都无法理解提示词，需要先补相应基础；如果词能想起但结构混乱，重点改为句子组织。单次表现会受疲劳和话题熟悉度影响，应隔几天复测。

观察自然度而非词汇级别

判断表达是否“好”时问：母语者是否会在这个语境这么说？对方能否立刻理解？语气是否符合关系与场合？是否比原说法更准确？复杂程度不是核心指标。一个准确的 “I’ m not sure” 往往优于不合时宜的书面化替换。

建立三层掌握标记

Recognition：看见或听见能理解。Recall：看到中文或场景提示能想起。Production：在新情境能不用脚本自然说出。每个表达分别记录这三层，而不是一个“已掌握”复选框。若在真实对话里反复失败，优先复习；若已经自然使用，降低复习频率。

何时确实需要补基础

如果你反复听不懂高频问句、常用时态或基本关系词，或者一个熟悉话题也无法组成可理解的短句，就应补相关基础。补基础仍要用完整句和短对话，学完马上口头使用。若理解基本无碍但说话卡在调用阶段，则把更多时间给无提示回忆、替换和互动。

用任务而非标签决定计划

不要把自己固定归类为“基础差”或“高级”。可以一周内同时有不同目标：修复一个妨碍理解的语法模式，练两个经常想不起的词块，再练一次解释观点的顺序。每个目标都应有可观察的产出，例如在新话题中自然说出，而不是“看完了十页”。

真实使用示范

诊断提取 • I know what 'at short notice' means, but I couldn't think of it when I was making plans.

会认不代表会调用。下一步应做场景触发练习，而非再次阅读定义。

诊断语气 • I wouldn't necessarily put it that way.

温和异议，适合讨论；对需要明确拒绝的安排可能过于含糊。

主动输出练习

双轮回答

回答 “What has your week been like?”；第二轮只看 “hectic / get back into a routine / make time for” 三个提示。

检查：比较信息清晰度与提取速度，不以生僻词数量评分。

复测

三天后换一个生活话题再做同样测试。

检查：只有重复出现的问题进入个人错误库。

本章完成标准

□ 会区分 Recognition、Recall、Production

□ 不会把“高级词”当成自然度指标

□ 有证据不足时保留待确认状态

PART II 方法篇

从词块和句式走向主动输出。

04 从词块和句式到输出：一套完整的口语训练流程

将自由表达、选择表达、替换和回听串成一次完整训练。

先说再学，才能知道缺什么

从一个你真会遇到的问题开始，例如“最近训练得怎么样”。先无提示说 60 秒并录音。不要在第一轮刻意塞入新表达。这样留下的原始回答能帮助你判断哪些句子确实需要更清楚、更自然，哪些地方原本已经足够好。

少选表达，深度迁移

读一个完整例句，确认语气与场景；再用自己的真实内容替换至少三个元素：人物、时间、原因或结果。比如 “I’ ve been meaning to work out again” 可以转为 “I’ ve been meaning to go through the match data again”。但如果你没有“早有打算却拖延”的含义，就不要硬用 been meaning to。

合上材料检验输出

训练末尾合上页面，用同一问题重新自由回答。比较两次录音，重点看表达是否更准确、是否能不用停下来搜索。只有第二轮自然用出来，才进入 Production；若只能照读，就标为 Recognition。下一次优先练最值得迁移的一个卡点。

把一次训练做成闭环

第一遍回答最好保留原始状态，不提前查词。选材时从录音里找真正缺失的表达，而不是挑教材中看起来漂亮的句子。第二遍练习不需要照搬原话；只要信息更清楚、语气更合适，便是有价值的改进。记录没用上的表达，可以放回被动词库。

迁移检验比重复次数重要

同一表达在原题里能说出，只证明你记住了上下文。隔一天把它用到工作、朋友、旅行或研究的另一场景，再让搭档问一个意料之外的问题。如果还能准确回应，才更接近主动掌握。迁移失败时先检查语义边界，别只增加朗读次数。

真实使用示范

从生活迁移到科研 • I've been meaning to get back to that paper, but I keep putting it off.

get back to 表示重新着手；put it off 表示推迟。两个短语组合符合真实拖延情境。

保留简单句 • I'm tired, so I'm going to call it a day.

前半句简单直接；call it a day 补充“今天做到这里”的自然结束含义。

主动输出练习

完整训练

用“最近的学习状态”做第一轮录音；选 2 句；各做 3 次真实替换；再录第二轮。

检查：写出两轮之间一处具体改进和一处仍困难的地方。

无提示迁移

隔一天用同两个表达回答新话题。

检查：若只会重复昨天的例句，不标为 Production。

本章完成标准

□ 每次先自由说

□ 只选择少量真会用的表达

□ 最终用无提示输出判断成效

05 词块和句式到底应该怎么练

学会选择、拆解与迁移，同时保留完整句的语气。

先学场景和完整句，再看结构

面对 “get around to” 不要只写“终于做”。先看 “I finally got around to reading the paper you sent me.” 这句话表达此前一直未做、现在终于做了。再注意后接动名词 reading。最后换成自己确实拖延过的事。语义和语法要一起学。

介词短语关注位置与功能

“In the long run, ...” 常用于句首引出长期影响，也可放句尾；“on the spot” 常跟 decide、answer、put someone 等动作搭配，强调当场、没有准备；“on the same page” 常用于团队确认理解。只记中文含义会丢掉句中位置和交流功能。

为表达建立可操作的卡片

每张卡记录：英文、中文核心义、真实例句、常见语境、语域、易混淆处、基础说法、一个自己的新例句。不要编造频率排名。若词典或语料显示某种用法具有地域差异，标明即可；不把地域性口语误说成全球通用。

四步处理新词块

第一步读完整句并还原说话场景；第二步指出固定部分，如 get around to 后常接名词或动名词；第三步写两句真实替换；第四步合上文本，用中文意图重新说出英文。若只能认出却说不出，就仍处于识别阶段。

区分近义表达

“I was tied up” 强调脱不开身；“I had a lot on my plate” 强调承担许多事；“I was busy” 最宽泛。它们有交集，但不能为追求丰富一律互换。为每组近义表达写一个不能替换的情境，比背三条近似中文翻译更有效。

真实使用示范

介词短语 • I was put on the spot when my supervisor asked me to explain the result without the slides.

放在被动结构里，突出临时被要求回答。

熟词生义 • Thursday works for me, but Friday might be difficult.

work 表示时间安排可行；不是“工作”。

主动输出练习

三位置替换

用 in the long run 写句首、句尾各一例，再选择哪一句更顺。

检查：两句都应表达长期结果，不把它当作“很久以后某天”。

一词多义辨别

比较 “That works for me” 与 “The model works”。

检查：解释 work 在安排可行与系统运作中的区别。

本章完成标准

□ 每张卡有完整例句

□ 介词短语记录位置与搭配

□ 迁移时检查原有语义是否还成立

06 怎么把别人的英语变成自己的英语

把听到的表达经过筛选、改写和真实使用，收入个人词库。

先判断值不值得学

看到播客、比赛评论或论文讨论里的表达，先问：这句话在我自己的生活中近期会用到吗？能迁移到多个话题吗？适合我跟朋友、导师或同学说话的语气吗？只在某位主播特定风格中出现的俚语，不必进入优先练习区。

保留来源和上下文

一段摘录可能离开原情境就改变含义。记下谁对谁说、讨论什么、带着什么立场。比如 “That’ s a stretch” 是说推断有点牵强；若用于导师的严肃反馈，可能需要更柔和的 “I’ m not sure the evidence supports that yet”。

用三次迁移证明归属

第一次用原场景造句，第二次换到个人经历，第三次在自由对话中自然使用。三次都要表达真实意思。说不出来时，先用更简单的英语把内容讲下去，结束后再复盘；不要为了想起一个短语阻断交流。

从他人语句到个人语句

找到喜欢的表达后，问自己近期何时真的会用、对谁说、想达到什么交流目的。把原句改成自己的真实事实，至少替换两项内容，再用不同话题复述。若替换后显得刻意，可能说明该表达暂时不是你的高优先级材料。

建立表达的退出机制

主动词库不必无限扩大。一条表达若连续几周未遇到使用场景，先移到认识即可；另一条即使普通，只要经常需要却总想不起，就应反复练。定期移除低价值材料，可以让复习时间留给真正影响你交流的内容。

真实使用示范

球迷聊天 • I wouldn't go that far. He played well, but he wasn't the only reason they won.

自然限制过强判断。

研究讨论 • I'm not sure the evidence takes us that far yet.

语气更审慎，适合专业讨论。

主动输出练习

候选表达筛选

从最近听过的英语材料中选 5 个表达，只保留最可能在未来两周使用的 2 个。

检查：写出舍弃另外 3 个的原因。

三次迁移

为保留的表达分别写原场景、个人场景、新话题中的句子。

检查：不能只改变一个名词而语义完全不变。

本章完成标准

□ 能说清表达来源与语域

□ 优先保留可迁移且近期会用的表达

□ 不为强行使用新词阻断对话

PART III 执行篇

把方法变成长期训练系统。

07 你每天到底应该怎么练

在 15 分钟或 30 分钟条件下都能完成一次有反馈的训练。

30 分钟常规流程

3–5 分钟自由回答并录音；5 分钟筛选最多 3 个新表达；8 分钟进行内容替换和跟读；5 分钟合上材料再回答；余下时间回听、记录两个有效改进和一个待练点。语音模仿服务于清晰表达，不用追求复制某个口音。

15 分钟压缩流程

只保留一个问题、一个新表达和一次无提示重说：2 分钟首轮，4 分钟理解例句和替换，4 分钟第二轮，5 分钟回听与记录。时间少时减少材料数量，而不是取消输出环节。每天“看了很多”却没有说，难以训练主动提取。

如何安排一周

每周选 3 个话题，其中一个与真实生活相关，一个与个人专业相关，一个用来复习旧表达。第 4–5 天回访失败卡片；周末录一段 2 分钟自由表达，不看资料。连续两周后根据样本调整材料，不机械按照话题编号推进。

25 分钟的具体安排

前四分钟录第一遍，不中途查资料。接下来五分钟核对两三个表达的意思、搭配和语域。八分钟分别做同话题替换与跨话题迁移。再用五分钟合上资料自由说；最后三分钟记录一个成功点、一个待练点。时间紧时只选一条表达，不省略第二遍输出。

如何判断当天是否练成

完成标准不是“把页面看完”。至少应能说出一段有具体内容的回答；合上材料后能主动调用一条目标表达；能够说清它为什么适合当前语境。若第二遍仍卡住，就保留卡点并安排下次复习，不需要强行把当天标为成功。

真实使用示范

15 分钟起步 • I've had a lot on my plate this week, so I've barely had time to read.

一条表达和一条真实细节足以构成可练回答。

复习旧表达 • In the long run, I think a routine I can maintain matters more than a perfect plan.

把旧短语迁移到学习计划。

主动输出练习

今天的训练

任意选一个话题，执行 15 分钟版并保存两段录音。

检查：必须有第二轮无提示回答。

周末回顾

回听本周三段录音，挑一个反复出现的卡点。

检查：只为下周设一个主要训练目标。

本章完成标准

□ 即使只有 15 分钟也完成输出

□ 每周复习失败项

□ 按真实样本调整主题

08 常见的口语训练误区

识别看似努力却不增加实际交流能力的训练方式。

背很多，主动调用却很少

每天收藏几十个表达容易产生进步感，但自由回答时可能一个也想不起。解决方法不是继续扩大清单，而是缩小到 2–3 个、做多次跨场景替换，随后用无提示录音验证。词块进入“能用”前应经历失败、修正和再次尝试。

把一切简单表达都“升级”

“I’ m busy” 在直接回应时自然、清楚；“I have a lot on my plate” 增加的是任务负担这一具体含义。若语义并未改变，替换只会显得用力。所谓地道也不等于堆叠俚语、夸张语气或长句；准确选择比复杂度更重要。

纠错过度与连接词过量

真实口语包含停顿、半句和即时修正。只有妨碍理解、搭配明显不自然或反复出现的问题才优先处理。观点表达中 “having said that” “at the end of the day” 等标记有功能，但每句话都加会显得排练感强。先讲清观点、理由和例子。

识别貌似高级的低价值替换

“I think” 在普通聊天里自然且高效；把它每次都换成很长的开头，可能拖慢真正的观点。 “very tired” 也并非错误；如果只想更精确，可根据原因选 drained、worn out 或 exhausted。替换前先问：新说法增加了什么信息、语气是否符合关系。

回听时优先修什么

第一优先是听者会误解的地方，其次是反复出现的不自然搭配，再次才是可有可无的措辞变化。自我修正、短暂停顿与简单词汇在自然口语中都可能合理。不要把一个顺畅、有回应的对话因为几个 um 判作失败。

真实使用示范

自然保留简单表达 • I'm busy right now. Can I call you back in ten minutes?

此处无需用 hectic；直接、礼貌且信息充分。

有限度用话语标记 • I like the idea. Having said that, we should test it on a different sample.

转折有实质内容，having said that 才有作用。

主动输出练习

删减练习

把一个含三句空泛连接词的答案改成观点、理由、例子三句。

检查：删去连接词后逻辑仍清楚。

反向编辑

找一个已经自然的简单句，解释为什么不需要升级。

检查：说明场景和语气，而不是只说“简单也好”。

本章完成标准

□ 不以收藏数量衡量进步

□ 不机械替换简单词

□ 不会把正常停顿当错误

09 建立你自己的口语训练系统

用可维护的数据记录真实表达、薄弱点和复习优先级。

把内容库和个人问题库分开

课程表达是候选材料；个人问题库只能来自你提供的真实语料。记录原句、足够的前后文、问题类别、修改建议、原因和新例句。原句自然就标记“无需修改”；缺上下文就标“待确认”。不要因为 AI 能给更花哨的句子，就判定原句有错。

复习按输出失败加权

优先练真实对话里想不起、熟悉却调用慢、多次回忆失败、跨话题价值高的表达。Recognition、Recall、Production 分开记录。比如已经能理解 “on the same page”，但团队讨论时仍说不出来，应继续做无提示场景练习；若已经自然用过几次，就减少重复。

给数据留出退出机制

每月检查哪些表达与实际生活无关，删除或降低优先级。记录从首次接触到首次自然使用的过程，而不是只记录“学习天数”。网站本地存储可用于当前浏览器练习，定期导出备份；它不等于云同步，也不应被当成自动英语诊断工具。

复习状态要靠表现更新

看见英文能懂是 Recognition；只见中文或情境能想起是 Recall；在新对话里及时、自然地用出来才是 Production。网站的复习状态应由实际练习后手动判断，不能因为点开答案就自动升档。把反复失败的表达排前面，已稳固的表达拉长间隔。

每周做一次小复盘

回顾三条素材：一条终于能用，一条仍想不起，一条发现并不适合自己。对于第二条，缩小练习单位或换更贴近生活的例句；对于第三条，允许放弃。把计划与真实需求保持一致，比固定每日背诵数量更可持续。

真实使用示范

记录待确认 • I was kind of, like, trying to explain it...

可能是正常犹豫；没有完整上下文时不应直接标错。

记录可练点 • I kept saying 'good' when I meant that the method was reliable.

问题在于想表达“可靠”却只说“好”，可练 reliable；并非 good 本身错误。

主动输出练习

建立第一条真实记录

从自己的转写里截取一条有上下文的句子，填写原句、语境和是否需要修改。

检查：如无法判断，保持“待确认”。

复习排序

从表达库选 5 条，按实际使用需求排序并写原因。

检查：不能只按词汇难度排序。

本章完成标准

□ 课程材料与个人诊断分开

□ 掌握阶段按实际输出记录

□ 定期清理低价值项目

10 一次完整的自学实战：用一个话题练到底

以“最近的生活与近况”为例，把所有步骤连成可重复的 30 分钟课。

第一轮：自由说，不看词块

回答 “How have things been going lately?” 30–90 秒。可以从工作、训练、社交中选择一个真实切入点，再让 AI 追问两个自然问题。录音留作前后对比。若一时想不起某个词，用简单说法继续表达，不要停下来查词。

第二轮：精选而非全背

从 “I’ve had a lot on my plate” “I’m trying to get back into a routine” “I’ve been meaning to...” 中只选与你经历吻合的两条。第一句强调任务负担；第二句强调规律被打乱后恢复；第三句强调一直有某个打算但未落实。别把三句堆进一个回答，除非事实确实如此。

第三轮：主动替换与自由说

把工作改成科研、健身、朋友、旅行等真实内容；每次先明确要表达的意思，再说英文。合上材料，再回答原问题和一个新问题。回听时比较：是否更具体？语气是否自然？有没有从脚本朗读转向灵活回应？最后记下一条下次仍需提取的表达。

第一轮：记录自然起点

先回答近况问题，尽量像对朋友说话。若最近只是学习忙，不必编造工作压力。录完以后写下要传达的三件事：发生了什么、影响了什么、现在怎样。再看教材表达，挑能服务这三件事的两条。

第二轮：先换内容再自由说

例如 “I have a lot on my plate” 可换成具体的论文修改和课程截止日期；“get back into a routine” 可换成旅行后恢复训练。做两三次短替换后合上资料，让搭档追问一个问题。比较两次录音时看意思是否更完整、回应是否更贴切，而非是否用满所有词块。

真实使用示范

完整回答 • Not much, really. I've had a lot on my plate with work, but I'm slowly getting back into my usual routine.

两条表达分别承担“负担”和“恢复节奏”的意义。

自然追问 • What has been taking up most of your time lately?

逼迫回答者给出具体内容，而不只是复述表达。

主动输出练习

三轮实战

按上述三个阶段完成两次录音和至少三个真实内容替换。

检查：不要求使用全部词块；只有实际需要的表达进入答案。

两天后迁移

用同样方法改练“工作与生活的平衡”。

检查：至少一条表达能无提示迁移，才提升掌握等级。

本章完成标准

□ 有首轮与末轮录音

□ 能解释每条新表达为何适合场景

□ 下次复习目标具体且可操作

PART IV 句式练习参考

50 个交流功能各不相同的完整句式；先看用途，再做跨场景替换。

01 What I like about … is that …

表达功能

指出具体优点，而非只说喜欢

完整例句

What I like about this course is that I can work at my own pace. 我喜欢这门课的一点是可以按自己的节奏学习。

使用场景

评价课程或工作

迁移示范 A

What I like about this role is that I get to work with different teams.

迁移示范 B

What I like about this city is that most places are easy to get to.

主动替换

替换为你真实喜欢的一门课和一种生活安排，各说完整句。

常见不自然表达

不要只说 What I like is this course；明确喜欢的方面与原因。

02 The way I see it, …

表达功能

表明个人看法，避免装作客观定论

完整例句

The way I see it, a model should support a decision rather than make it for us. 在我看来，模型应帮助我们决策，而不是替我们决策。

使用场景

讨论研究、体育或生活选择

迁移示范 A

The way I see it, the team needs more balance in midfield.

迁移示范 B

The way I see it, a routine has to be realistic enough to maintain.

主动替换

分别对一场比赛和一项生活习惯表达立场。

常见不自然表达

不要在每句话前都重复 In my opinion 或 The way I see it。

03 I can see why ..., but ...

表达功能

承认理由后温和表达异议

完整例句

I can see why people like the idea, but I am not sure it would work for a small club. 我能理解人们为什么喜欢这个想法，但不确定它适合小俱乐部。

使用场景

观点讨论

迁移示范 A

I can see why you would be frustrated, but I think we need more time.

迁移示范 B

I can see why the result looks encouraging, but the sample is still small.

主动替换

用对方可能认同的理由开头，再给出真实保留意见。

常见不自然表达

不要用 I see why you are wrong；它不能表达认可对方理由。

04 I wouldn't necessarily say ...

表达功能

限制过于绝对的判断

完整例句

I wouldn't necessarily say the player had a poor game; he was asked to play a different role. 我不会直接说那名球员踢得差；他承担的是不同任务。

使用场景

回应强烈判断

迁移示范 A

I wouldn't necessarily say the trip was a waste of time.

迁移示范 B

I wouldn't necessarily say the findings contradict earlier work.

主动替换

改写一个你曾听过的绝对化观点。

常见不自然表达

necessary 与 necessarily 含义不同；这里需要副词 necessarily。

05 What it comes down to is ...

表达功能

归纳真正的关键

完整例句

What it comes down to is whether we can test the idea with reliable data. 归根结底，关键是我们能否用可靠数据检验这个想法。

使用场景

整理讨论重点

迁移示范 A

What it comes down to is how much time we can commit.

迁移示范 B

What it comes down to is whether the club can keep its best players.

主动替换

听一段讨论后，用此句归纳一条核心问题。

常见不自然表达

不要在琐碎细节后频繁使用，语气会显得夸张。

06 I used to think ..., but I've come to realize ...

表达功能

说明看法如何变化

完整例句

I used to think fluency meant speaking quickly, but I've come to realize that clarity matters more. 我以前以为流利就是语速快，现在意识到清楚表达更重要。

使用场景

讲述学习或经历带来的转变

迁移示范 A

I used to think the metric told the whole story, but I've come to realize it misses context.

迁移示范 B

I used to think I had to plan every trip, but I've come to enjoy being spontaneous.

主动替换

讲述一个真实改变看法的经历，并说出原因。

常见不自然表达

不要把现在仍相信的观点硬写成“以前误解”。

07 It's not so much ... as ...

表达功能

重新界定问题重点

完整例句

It's not so much the workload as the lack of a clear deadline that worries me. 让我担心的与其说是工作量，不如说是不明确的期限。

使用场景

澄清真正原因

迁移示范 A

It's not so much the result as the team's reaction that interested me.

迁移示范 B

It's not so much the technology as how we use it that matters.

主动替换

先想清两项的对比关系，再造句。

常见不自然表达

不要用作简单的 not A but B；此句通常表示重点程度不同。

08 One thing I've noticed is that ...

表达功能

引出个人观察

完整例句

One thing I've noticed is that I speak more freely when I know the topic well. 我注意到，熟悉话题时我说得更自如。

使用场景

分享尚未必能普遍化的观察

迁移示范 A

One thing I've noticed is that the team presses less aggressively after half-time.

迁移示范 B

One thing I've noticed is that I sleep better when I stop working earlier.

主动替换

分别说一条训练观察和一条日常观察。

常见不自然表达

个人观察不等于普遍规律，避免无证据地说 Everyone always...。

09 I wouldn't rule out ...

表达功能

保留某种可能性

完整例句

I wouldn't rule out another explanation for the difference between the leagues. 我不排除不同联赛之间的差异还有另一种解释。

使用场景

不确定但开放的讨论

迁移示范 A

I wouldn't rule out moving abroad again in a few years.

迁移示范 B

I wouldn't rule out a tactical change in the second half.

主动替换

就一个尚未决定的计划表达开放态度。

常见不自然表达

这不是承诺；不要拿来替代明确的 yes。

10 It depends on ...

表达功能

指出决定答案的条件

完整例句

It depends on whether the model performs well on data from another season. 这取决于模型在另一个赛季的数据上表现如何。

使用场景

回答没有单一答案的问题

迁移示范 A

It depends on how much time we have before the trip.

迁移示范 B

It depends on what you mean by a successful season.

主动替换

先直接说条件，再补充两种可能结果。

常见不自然表达

不要只说 It depends 然后停住；补充依赖什么。

11 The main reason is that ...

表达功能

清楚解释一个主要原因

完整例句

The main reason is that we don't have enough comparable data yet. 主要原因是我们目前没有足够可比的数据。

使用场景

解释决定、困难或偏好

迁移示范 A

The main reason I left early was that I wasn't feeling well.

迁移示范 B

The main reason the team struggled was that it couldn't keep possession.

主动替换

分别解释一个生活决定和一个比赛判断。

常见不自然表达

不要重复 because... because...；选一个清楚的因果结构。

12 That said, ...

表达功能

承认前述观点后补充限制

完整例句

The first result looks promising. That said, I want to test it on another sample. 第一轮结果看起来不错。话虽如此，我想再用另一组样本测试。

使用场景

让步与限制

迁移示范 A

The hotel was expensive. That said, the location saved us a lot of time.

迁移示范 B

He had a quiet first half. That said, his movement created space for others.

主动替换

先说一个真实优点，再给出重要限制。

常见不自然表达

That said 需要前文；不要把它当万能开场白。

13 For what it's worth, ...

表达功能

以低姿态补充个人意见

完整例句

For what it's worth, I found the shorter speaking sessions easier to keep up. 供你参考，我觉得较短的口语练习更容易坚持。

使用场景

给建议、分享个人经验

迁移示范 A

For what it's worth, I think the second option sounds more practical.

迁移示范 B

For what it's worth, the fans around me seemed pleased with the draw.

主动替换

提供一个不想强加于人的建议。

常见不自然表达

不要每次发言都加，过度谦逊会削弱观点。

14 I may be wrong, but ...

表达功能

表达暂时判断并允许修正

完整例句

I may be wrong, but I think the two groups were measured in different ways. 我可能判断有误，但我觉得两组采用了不同的测量方式。

使用场景

信息不完整的讨论

迁移示范 A

I may be wrong, but I think the museum closes at six.

迁移示范 B

I may be wrong, but it looked like they switched to a back three.

主动替换

根据不完整信息提出一个可核实的判断。

常见不自然表达

不要用来包装你已经确认的事实，或逃避必要的明确表态。

15 As far as I can tell, ...

表达功能

说明判断基于目前可见信息

完整例句

As far as I can tell, the paper doesn't report results for smaller clubs. 据我目前看到的，这篇论文没有报告小俱乐部的结果。

使用场景

研究阅读、情况判断

迁移示范 A

As far as I can tell, the train is still running on time.

迁移示范 B

As far as I can tell, the club hasn't confirmed the transfer.

主动替换

说一条信息有限的观察，并指出你依据什么。

常见不自然表达

不是 as far as I know 的机械替换；tell 强调从线索判断。

16 If I understand you correctly, ...

表达功能

核实自己是否听懂对方

完整例句

If I understand you correctly, you're suggesting we use a different baseline. 如果我理解没错，你建议采用另一种基线模型。

使用场景

会议、导师讨论、复杂解释

迁移示范 A

If I understand you correctly, the deadline has moved to Friday.

迁移示范 B

If I understand you correctly, you prefer a more flexible itinerary.

主动替换

把对方一段复杂意见压缩复述并请求确认。

常见不自然表达

不要用此句假装理解后立刻反驳；先给对方修正机会。

17 That's not quite what I meant.

表达功能

温和修复误解

完整例句

That's not quite what I meant. I was talking about the data, not the whole method. 我不是完全这个意思。我说的是数据，并非整个方法。

使用场景

别人误解你的意思时

迁移示范 A

That's not quite what I meant. I meant next week, not tomorrow.

迁移示范 B

That's not quite what I meant. I like the player, but not in that role.

主动替换

补上第二句，明确你真正想说的内容。

常见不自然表达

只说 You're wrong 容易把误会变成对抗。

18 Could you walk me through ...?

表达功能

请对方逐步解释过程

完整例句

Could you walk me through how you cleaned the data? 你能带我过一遍数据清洗的过程吗?

使用场景

学习方法、办事流程

迁移示范 A

Could you walk me through the application process?

迁移示范 B

Could you walk me through what changed after half-time?

主动替换

分别向同学和比赛分析者提出具体请求。

常见不自然表达

walk me through 指逐步说明，不是字面“带我走过”。

19 What do you mean by ...?

表达功能

澄清关键词的具体定义

完整例句

What do you mean by “market value” in this study? 这项研究里的“市场价值”具体指什么?

使用场景

术语含义不明确时

迁移示范 A

What do you mean by a flexible schedule?

迁移示范 B

What do you mean by a successful transfer window?

主动替换

找一个可能有多种理解的词，礼貌询问定义。

常见不自然表达

语气可能显得直接；必要时加 Could you clarify what you mean by...?

20 Could you give me an example of ...?

表达功能

请求具体例子

完整例句

Could you give me an example of a case where the model failed? 能举一个模型失效的例子吗?

使用场景

抽象解释后追问

迁移示范 A

Could you give me an example of what you mean by good balance?

迁移示范 B

Could you give me an example of a team using that tactic well?

主动替换

对一个抽象观点提出一次有针对性的例子请求。

常见不自然表达

不要只重复 Give me example；冠词和礼貌语气要完整。

21 The thing is, ...

表达功能

引出实际困难或关键背景

完整例句

I'd love to join you. The thing is, I have a deadline tomorrow. 我很想参加。问题是，我明天有截止日期。

使用场景

解释不能答应或补充障碍

迁移示范 A

The thing is, we haven't tested the model on another league yet.

迁移示范 B

The thing is, the last train leaves quite early.

主动替换

解释一个真实障碍，同时给出后续选择。

常见不自然表达

这句偏口语，不适合直接写进正式论文。

22 I ended up ...

表达功能

说明结果出乎原计划

完整例句

I planned to watch one episode, but I ended up finishing the whole series. 我本打算只看一集，结果把整季都看完了。

使用场景

讲意外结果

迁移示范 A

We ended up walking back because the buses had stopped.

迁移示范 B

I ended up using a simpler model because it was easier to explain.

主动替换

讲一件计划与实际结果不同的经历。

常见不自然表达

end up 后接 -ing；不要说 ended up to do。

23 It turned out that ...

表达功能

揭示后来发现的情况

完整例句

It turned out that the café was run by a family from my hometown. 后来才发现，那家咖啡馆是我家乡的一户人家开的。

使用场景

故事转折、研究发现

迁移示范 A

It turned out that the delay was caused by a technical problem.

迁移示范 B

It turned out that the second model worked better on new data.

主动替换

讲一个真实“后来才知道”的转折。

常见不自然表达

不要在从一开始就已知的事实前用 turned out。

24 I hadn't realized ... until ...

表达功能

描述后来才意识到的事

完整例句

I hadn't realized how tired I was until I took a few days off. 直到休了几天假，我才意识到自己有多累。

使用场景

反思经历

迁移示范 A

I hadn't realized how different the leagues were until I compared the data.

迁移示范 B

I hadn't realized how much I missed home until the holiday.

主动替换

写出你在某个时刻前后的认知变化。

常见不自然表达

注意过去完成时与 until 后事件的时间顺序。

25 Looking back, ...

表达功能

回顾过去并给出现在的判断

完整例句

Looking back, I should have asked more questions before starting the project. 现在回头看，项目开始前我本该多问些问题。

使用场景

讲述经验教训

迁移示范 A

Looking back, the unplanned part of the trip was the most fun.

迁移示范 B

Looking back, I think the club moved too quickly.

主动替换

回顾一个真实决定，说明今天如何看待它。

常见不自然表达

不要把 Looking back 放在正在发生、尚无回顾距离的事上。

26 It took me a while to ...

表达功能

说明适应或理解需要时间

完整例句

It took me a while to get used to speaking up in meetings. 我花了一段时间才习惯在会议上主动发言。

使用场景

适应新环境、掌握技能

迁移示范 A

It took me a while to settle into the new city.

迁移示范 B

It took me a while to understand what the metric actually measures.

主动替换

讲一件你逐渐学会或适应的事。

常见不自然表达

不要说 It took me a while for getting used to；后接不定式。

27 I'm still getting used to ...

表达功能

描述仍在适应的过程

完整例句

I'm still getting used to discussing my research in English. 我还在适应用英语讨论自己的研究。

使用场景

新课程、住处、工作方式

迁移示范 A

I'm still getting used to the early training sessions.

迁移示范 B

I'm still getting used to living away from home.

主动替换

说出一件你还未完全适应的真实变化。

常见不自然表达

to 在这里是介词，后接名词或 -ing，不是动词原形。

28 I can relate to that.

表达功能

表明自己有类似经历

完整例句

I can relate to that. I also find it hard to switch off after a long day. 我能理解这种感受。忙了一天后我也很难放松。

使用场景

回应他人的经历

迁移示范 A

I can relate to that. Moving to a new city was difficult for me too.

迁移示范 B

I can relate to that. I often overthink how to phrase my answer.

主动替换

先回应对方，再讲一条真正相似的经历。

常见不自然表达

若没有相似经历，不要用 I can relate；可说 That sounds difficult。

29 That makes sense, especially if ...

表达功能

确认理解并补充条件

完整例句

That makes sense, especially if you're trying to keep the workload manageable. 这样说有道理，尤其是你想让工作量保持可控时。

使用场景

回应解释或建议

迁移示范 A

That makes sense, especially if tickets are expensive that weekend.

迁移示范 B

That makes sense, especially if the squad has several injuries.

主动替换

回应一个解释，指出使其成立的具体条件。

常见不自然表达

That makes sense 不一定等于完全赞同，别替对方下结论。

30 Fair enough. I hadn't thought about ...

表达功能

接受对方说法并承认新信息

完整例句

Fair enough. I hadn't thought about how travel time would affect the players. 有道理。我之前没想到旅途时间会影响球员。

使用场景

非正式讨论中的让步

迁移示范 A

Fair enough. I hadn't thought about the cost of living there.

迁移示范 B

Fair enough. I hadn't thought about how the data were collected.

主动替换

对一个真正改变你看法的观点作回应。

常见不自然表达

Fair enough 偏口语；在正式学术写作中不要机械使用。

31 I have mixed feelings about ...

表达功能

表达同时存在的积极与消极态度

完整例句

I have mixed feelings about moving abroad: I'm excited, but I'll miss my family. 我对出国生活心情复杂：既兴奋，也会想念家人。

使用场景

变化、政策、转会

迁移示范 A

I have mixed feelings about the transfer: he is talented, but the fee is high.

迁移示范 B

I have mixed feelings about using AI for every assignment.

主动替换

分别说一个生活选择和一个体育选择的利弊。

常见不自然表达

mixed feelings 不是完全没有意见；要说出两面。

32 On the one hand ..., but on the other ...

表达功能

平衡两种真实权衡

完整例句

On the one hand, remote work saves time, but on the other, I miss working with people. 一方面，远程工作节省时间；另一方面，我怀念与人共事。

使用场景

需要权衡的观点

迁移示范 A

On the one hand, the model is easy to explain, but on the other, it misses some nuance.

迁移示范 B

On the one hand, the city is lively, but on the other, rent is high.

主动替换

选一个确实存在两面性的决定，各讲一项。

常见不自然表达

不要为了结构硬造不存在的两面；短答时直接说结论更好。

33 There's more to ... than ...

表达功能

提醒某事不能只看单一指标

完整例句

There's more to a player's performance than goals and assists. 评价一名球员，不能只看进球和助攻。

使用场景

评价人、城市、研究成果

迁移示范 A

There's more to a good university experience than grades.

迁移示范 B

There's more to a useful model than accuracy.

主动替换

指出一个容易被忽略的重要方面。

常见不自然表达

不要说 more to ... as；固定搭配是 than。

34 What stood out to me was ...

表达功能

指出印象最深的具体细节

完整例句

What stood out to me was how calmly the team responded after conceding. 最让我印象深刻的是，球队丢球后应对得很冷静。

使用场景

评论比赛、旅行或讲座

迁移示范 A

What stood out to me was how welcoming the people were.

迁移示范 B

What stood out to me was the gap between the two models.

主动替换

讲一件经历，选一个可观察的细节。

常见不自然表达

stand out 表示突出；不要用它代替所有的 like。

35 The more ..., the more ...

表达功能

表达两个变化之间的趋势

完整例句

The more I practice speaking without notes, the more comfortable I feel. 越是不看笔记练口语，我越觉得自在。

使用场景

学习经验、观察趋势

迁移示范 A

The more I read about the topic, the more questions I have.

迁移示范 B

The more the team pressed, the more space it left behind.

主动替换

用自己的经历说一个趋势，并避免夸大为普遍规律。

常见不自然表达

两侧都用比较级结构；不要说 more I practice, more I improve。

36 I would rather ... than ...

表达功能

清楚表达优先选择

完整例句

I would rather test one idea properly than try five ideas at once. 我宁愿扎实检验一个想法，也不想同时尝试五个。

使用场景

方法选择、生活偏好

迁移示范 A

I would rather take the train than drive in the city.

迁移示范 B

I would rather see the team build patiently than rush every attack.

主动替换

比较两个真实可选方案，并解释理由。

常见不自然表达

rather 后接动词原形；不要说 rather to do。

37 I'd be open to ...

表达功能

表达愿意考虑但尚未承诺

完整例句

I'd be open to trying a different method if it answers the question more clearly. 如果另一种方法更能回答问题，我愿意考虑尝试。

使用场景

合作、建议、计划

迁移示范 A

I'd be open to meeting earlier if that works better for everyone.

迁移示范 B

I'd be open to visiting another city on the trip.

主动替换

回应一个提议，并说出你愿意考虑的条件。

常见不自然表达

open to 后接名词或 -ing；这不是已经答应。

38 I'm leaning towards ...

表达功能

说明目前倾向的方案

完整例句

I'm leaning towards the simpler model because it is easier to interpret. 我目前倾向于更简单的模型，因为它更容易解释。

使用场景

尚未最终决定

迁移示范 A

I'm leaning towards staying in this weekend.

迁移示范 B

I'm leaning towards the second apartment because it is closer to campus.

主动替换

说一个仍未定案的选择及原因。

常见不自然表达

leaning towards 表示倾向，不是最终决定。

39 I haven't made up my mind yet.

表达功能

明确表示尚未决定

完整例句

I haven't made up my mind yet; I want to talk to my supervisor first. 我还没决定，想先跟导师谈谈。

使用场景

需要更多信息的决策

迁移示范 A

I haven't made up my mind yet about where to live.

迁移示范 B

I haven't made up my mind yet about which match to attend.

主动替换

说明未决定，并补充下一步需要什么信息。

常见不自然表达

不要用 I'm not sure 结束所有回答；必要时说明决策过程。

40 I don't want to jump to conclusions.

表达功能

提醒不要过早下结论

完整例句

The first result is promising, but I don't want to jump to conclusions. 第一轮结果有希望，但我不想过早下结论。

使用场景

数据、比赛、社交误会

迁移示范 A

We lost one match, but I don't want to jump to conclusions about the manager.

迁移示范 B

I haven't heard both sides, so I don't want to jump to conclusions.

主动替换

描述一个需要更多证据的情境。

常见不自然表达

若证据已很充分，不要拿这句回避明确判断。

41 That doesn't quite add up.

表达功能

指出信息似乎不一致

完整例句

The totals in the table and the text are different. That doesn't quite add up. 表格和正文中的总数不同；这似乎对不上。

使用场景

核查数字或故事

迁移示范 A

He said he left at six, but the train departed at five. That doesn't quite add up.

迁移示范 B

The club reports a profit, but the figures here don't quite add up.

主动替换

给出一条具体矛盾，再说这句话。

常见不自然表达

add up 也可指“合计”；此句表达疑虑，不等于证明对方撒谎。

42 Something feels a bit off about ...

表达功能

温和指出异常直觉

完整例句

Something feels a bit off about this comparison, although I can't say why yet. 这个比较让我觉得有点不对劲，虽然我还说不清原因。

使用场景

初步检查、观察气氛

迁移示范 A

Something feels a bit off about the schedule.

迁移示范 B

Something feels a bit off about the way the result was reported.

主动替换

说出直觉，并明确尚需核查。

常见不自然表达

不能把 feels off 当作事实证据；后续要检验。

43 I'm not sure that holds up when ...

表达功能

质疑论点在新条件下能否成立

完整例句

I'm not sure that conclusion holds up when we include smaller leagues. 纳入较小联赛后，我不确定这个结论还能成立。

使用场景

学术讨论、体育分析

迁移示范 A

I'm not sure that excuse holds up when we look at the full season.

迁移示范 B

I'm not sure that plan holds up if the budget is cut.

主动替换

提出一个可检验的限制条件。

常见不自然表达

hold up 在这里是“站得住脚”，不是“拿起来”。

44 We need to account for ...

表达功能

指出分析必须考虑的因素

完整例句

We need to account for differences in playing time before comparing the players. 比较球员前，我们需要考虑上场时间的差异。

使用场景

数据分析、规划

迁移示范 A

We need to account for travel time when planning the day.

迁移示范 B

We need to account for the cost of living when comparing offers.

主动替换

指出一个常被忽略的变量并解释影响。

常见不自然表达

不要把 account for 与 explain away 混为一谈。

45 The evidence suggests ..., but ...

表达功能

谨慎概括证据并说明限制

完整例句

The evidence suggests a relationship, but it doesn't tell us which way the effect runs. 证据显示存在关联，但不能说明影响的方向。

使用场景

研究汇报

迁移示范 A

The evidence suggests the change helped, but we only have a few matches.

迁移示范 B

The evidence suggests people prefer flexibility, but the sample is limited.

主动替换

用一句话同时说出发现与主要限制。

常见不自然表达

suggest 不等于 prove；不要用证据不支持的强结论。

46 In practice, ...

表达功能

从理论转向实际执行

完整例句

The idea sounds simple, but in practice it takes time to collect reliable data. 这个想法听起来简单，但在实践中收集可靠数据需要时间。

使用场景

讨论执行难点

迁移示范 A

In practice, I rarely manage to stick to a rigid schedule.

迁移示范 B

In practice, pressing high for ninety minutes is hard to sustain.

主动替换

比较一个计划与实际执行中的差别。

常见不自然表达

不要把 in practice 用作“我练习时”的字面翻译。

47 At this point, ...

表达功能

说明当前阶段的判断

完整例句

At this point, I think it makes sense to run one more test before presenting the result. 现阶段，我认为再做一次测试后汇报结果更合适。

使用场景

进度汇报与决策

迁移示范 A

At this point, I'm mainly looking for feedback on the research question.

迁移示范 B

At this point, the team needs to protect its lead.

主动替换

说明当前阶段最合理的下一步。

常见不自然表达

不要把 at this point 和 on the spot 混淆。

48 In the long run, ...

表达功能

谈长期累积后果

完整例句

In the long run, a routine I can maintain will help more than a perfect plan I give up on. 从长远看，可坚持的习惯比很快放弃的完美计划更有用。

使用场景

职业、学习、健康

迁移示范 A

In the long run, investing in young players may pay off.

迁移示范 B

In the long run, small changes to my sleep routine could matter.

主动替换

说出短期不明显但长期重要的影响。

常见不自然表达

不要用来描述明天或下周的一次性事件。

49 For the time being, ...

表达功能

说明暂时性安排

完整例句

For the time being, I'm using a simpler model until we have more data. 目前我先用较简单的模型，等拿到更多数据再调整。

使用场景

过渡计划

迁移示范 A

For the time being, I'm staying with a friend while I look for a flat.

迁移示范 B

For the time being, we'll focus on the games we already have data for.

主动替换

说明一个临时安排及将来改变的条件。

常见不自然表达

不等于 forever；避免用它说明永久决定。

50 Let's leave it there for now.

表达功能

自然结束当前话题或会议

完整例句

We've covered the main points, so let's leave it there for now and pick this up tomorrow. 主要问题已经谈到了，今天先到这里，明天接着讨论。

使用场景

会议、讨论收尾

迁移示范 A

I think we've gone over the plan, so let's leave it there for now.

迁移示范 B

We've talked through the match, so let's leave it there for now.

主动替换

给一次对话写出礼貌收尾，并说明后续。

常见不自然表达

单独突然说这句可能显得生硬，最好先概括或说明原因。

PART V 日常英语聊天话题库

生活型 01–20 · 经历型 21–35 · 观点型 36–50。每章均有十项完整训练内容。

01 最近的生活与近况 | Life Lately

01 Topic Introduction

近况问题常出现在寒暄开始，也适合接到对方的自然追问。本章练习区分“忙”“恢复节奏”和“终于做了某事”，避免把几种意思混成一种。

02 Core Natural Expressions

01 have a lot going on lately • 最近事情很多

I've had a lot going on lately, so I haven't been out much.

场景：回应近况 · 涵盖工作与生活，不一定全是坏事。

02 get back into a routine • 重新回到规律生活

I'm slowly getting back into a routine after a busy month.

场景：谈生活节奏 · 暗示节奏曾被打乱。

03 catch up with an old friend • 与老朋友叙旧

I finally caught up with an old friend over coffee on Sunday.

场景：谈社交近况 · with 后接人；catch up on 后接欠下的事。

04 make time for myself • 给自己留时间

I'm trying to make more time for myself at the weekends.

场景：谈个人安排 · 比“have time”更突出主动安排。

05 be tied up with work • 忙于工作而抽不开身

I've been tied up with work this week, but I'm free on Friday.

场景：解释暂时没空 · 强调被工作占住；不适合所有“忙”。

06 for the time being • 目前暂时

For the time being, I'm keeping my weekends free.

场景：说临时安排 · 多在句首；暗示以后可能调整。

07 on and off • 断断续续地

I've been working out on and off since the summer.

场景：谈习惯延续 · 通常放在动作之后，表示不连续。

08 get around to doing something • 终于抽空做某事

I finally got around to reading the book you recommended.

场景：谈拖了很久的事 · to 后接 -ing；不表示任何一次普通完成。

03 Phrasal Verbs & Prepositional Phrases

回看上方完整例句，观察搭配中的介词、句法位置和使用边界；随后换成自己的真实情境。

get back into a routine • 重新回到规律生活

暗示节奏曾被打乱。

catch up with an old friend • 与老朋友叙旧

with 后接人；catch up on 后接欠下的事。

for the time being • 目前暂时

多在句首；暗示以后可能调整。

get around to doing something • 终于抽空做某事

to 后接 -ing；不表示任何一次普通完成。

04 Familiar Words, New Meanings

plate • 手头承担的任务

I've got a lot on my plate at the moment.

是职责或事务的比喻，不是餐盘。

things • 近况与生活状态

Things have been a little hectic recently.

可笼统指生活中的事情，适合寒暄。

05 Sentence Patterns

What I like about ... is that ...

What I like about my current routine is that it leaves time for exercise. 我喜欢现在作息的一点是还能留出时间锻炼。

跨话题迁移：What I like about this role is that I get to work with different teams.

I ended up ...

I ended up spending most of the weekend catching up on sleep. 结果我周末大部分时间都在补觉。

跨话题迁移：We ended up walking back because the buses had stopped.

It took me a while to ...

It took me a while to get back into a routine after the trip. 旅行后我花了一段时间才恢复规律生活。

跨话题迁移：It took me a while to settle into the new city.

In the long run, ...

In the long run, I want a schedule I can actually stick to. 从长远看，我想要一个自己真能坚持的日程。

跨话题迁移：In the long run, investing in young players may pay off.

06 Say It More Naturally

I've been busy. → I've had a lot going on lately.

后者涵盖近期多方面的事；只说此刻没空时 busy 更好。

I didn't exercise. → I've been trying to get back into a routine.

后者强调恢复原有规律，不适合从未有过规律的情形。

I read the book. → I finally got around to reading the book.

后者含此前一直没空或拖延；若没有这个含义，简单句更准确。

07 Conversation Questions

1. How have things been going lately?

2. What has been taking up most of your time?

3. Has your routine changed recently?

4. Have you managed to make time for yourself?

5. Is there anything you've been meaning to do but keep putting off?

08 Active Recall & Substitution

无提示回忆

只看中文线索“最近事情很多”，说一句与你自己的经历有关的完整英文句子。

内容替换

把“get back into a routine”换到另一个真实场景中；检查原有语气和含义是否仍成立。

互动回应

让搭档追问“Has your routine changed recently?”，不看本章材料即兴回答，并至少用一次本章表达。

09 Speaking Challenge

用 1–3 分钟回答“How have things been going lately?”。先给直接回应，再讲真实细节，最后说明感受或判断。录音后合上材料重说一次。

10 Review Checklist

优先掌握：have a lot going on lately · get back into a routine · catch up with an old friend

□ 能区分至少两种相近表达的语气和场景

□ 两天后无提示回忆三条优先表达

□ 一周后把其中一条迁移到另一个话题

02 工作与学习的一天 | A Typical Day

01 Topic Introduction

介绍普通的一天时，真正有价值的是讲出节奏、被打断的原因和自己如何调整。练习从流水账转向有重点的描述。

02 Core Natural Expressions

01 ease into the day • 慢慢进入一天的节奏

I like to ease into the day with a walk before I open my laptop.

场景：描述早晨习惯 · 强调逐渐开始，不是懒散。

02 get through my to-do list • 完成待办事项

I got through most of my to-do list before lunch.

场景：谈工作进度 · through 强调逐项完成。

03 run behind schedule • 进度落后

We ran behind schedule because the meeting took longer than expected.

场景：解释时间延误 · 适合既定时间表。

04 call it a day • 今天先做到这里

After another hour of editing, I decided to call it a day.

场景：结束工作 · 常见非正式表达，不表示辞职。

05 in the middle of something • 正忙着某件事

I'm in the middle of something. Can I call you back in ten minutes?

场景：礼貌解释暂时不能回应 · 比直接说 I'm busy 更具体。

06 fit something in • 挤出时间安排某事

I can fit a short workout in before dinner.

场景：协调时间 · 常用于有限时间内安排一件事。

07 at short notice • 提前通知时间很短

It's hard for me to move a meeting at short notice.

场景：谈临时变动 · 英式常见；美式也说 on short notice。

08 wind down • 逐渐放松下来

I usually wind down by reading for half an hour.

场景：谈晚间节奏 · 多指一天结束时慢慢放松。

03 Phrasal Verbs & Prepositional Phrases

回看上方完整例句，观察搭配中的介词、句法位置和使用边界；随后换成自己的真实情境。

get through my to-do list • 完成待办事项

through 强调逐项完成。

in the middle of something • 正忙着某件事

比直接说 I'm busy 更具体。

fit something in • 挤出时间安排某事

常用于有限时间内安排一件事。

at short notice • 提前通知时间很短

英式常见；美式也说 on short notice。

04 Familiar Words, New Meanings

slot • 可安排的一段时间

I've got a free slot after lunch if you want to talk.

不是只有“插槽”，也可指日程空档。

run • 事情按某种方式进行

The meeting ran longer than I expected.

run 可描述活动持续或运行。

05 Sentence Patterns

What I like about ... is that ...

What I like about my mornings is that I can work without interruptions. 我喜欢早晨的一点是可以不受打扰地工作。

跨话题迁移：What I like about this role is that I get to work with different teams.

The main reason is that ...

The main reason is that I have more energy before lunch. 主要原因是午饭前我更有精力。

跨话题迁移：The main reason I left early was that I wasn't feeling well.

The thing is, ...

The thing is, I often lose focus after back-to-back meetings. 问题是，连续开会后我常常难以集中注意力。

跨话题迁移：The thing is, we haven't tested the model on another league yet.

In practice, ...

In practice, I rarely finish every item on my to-do list. 实际上，我很少能完成待办清单上的每一项。

跨话题迁移：In practice, I rarely manage to stick to a rigid schedule.

06 Say It More Naturally

I work all day. → My mornings are usually packed, but I try to leave the afternoon flexible.

后者给出时间结构；简单句用于只需说明工作时间时更直接。

I do exercise. → I try to fit in a short workout before dinner.

强调在忙碌日程里挤时间。

I stop working. → I usually call it a day around six.

适合结束当天工作；若谈永久离职不能这样说。

07 Conversation Questions

1. What does a typical weekday look like for you?
2. Which part of the day tends to be the busiest?
3. What usually throws your schedule off?
4. How do you fit in time for exercise or rest?
5. If you could change one part of your routine, what would it be?

08 Active Recall & Substitution

无提示回忆

只看中文线索“慢慢进入一天的节奏”，说一句与你自己的经历有关的完整英文句子。

内容替换

把“get through my to-do list”换到另一个真实场景中；检查原有语气和含义是否仍成立。

互动回应

让搭档追问“What usually throws your schedule off?”，不看本章材料即兴回答，并至少用一次本章表达。

09 Speaking Challenge

用 1–3 分钟回答“What does a typical weekday look like for you?”。先给直接回应，再讲真实细节，最后说明感受或判断。录音后合上材料重说一次。

10 Review Checklist

优先掌握：ease into the day · get through my to-do list · run behind schedule

□ 能区分至少两种相近表达的语气和场景

□ 两天后无提示回忆三条优先表达

□ 一周后把其中一条迁移到另一个话题

03 周末安排 | Weekend Plans

01 Topic Introduction

周末闲聊常涉及尚未确定的计划、临时邀约与休息需求。练习表达开放程度，而不是所有邀请都只说 yes 或 no。

02 Core Natural Expressions

01 keep the weekend open • 周末暂不作安排

I'm keeping the weekend open in case some friends want to meet up.

场景：谈未定计划 · 不是“周末没有事做”，而是有意留白。

02 play it by ear • 到时看情况

We haven't fixed a plan; we'll just play it by ear.

场景：谈灵活安排 · 常见非正式习语，不适合已确定的计划。

03 head out for a walk • 出去散步

If the weather holds up, I'll head out for a walk in the afternoon.

场景：谈活动安排 · head out 强调出发。

04 have a quiet one • 过个安静的周末

I had a busy week, so I'm planning to have a quiet one.

场景：回应周末安排 · one 指周末或晚上；偏非正式。

05 be up in the air • 还没定下来

Our plans are still up in the air because of the weather.

场景：谈未确定安排 · 不等于计划完全取消。

06 on the spur of the moment • 一时兴起地

We drove to the coast on the spur of the moment.

场景：讲临时决定 · 通常放句末；比 spontaneously 更口语。

07 at the last minute • 在最后一刻

My friend asked me to join them at the last minute.

场景：谈临时邀请 · 可带不便或惊喜，取决于语境。

08 get together • 聚一聚

A few of us are getting together on Saturday evening.

场景：安排社交 · 不一定是正式聚会。

03 Phrasal Verbs & Prepositional Phrases

回看上方完整例句，观察搭配中的介词、句法位置和使用边界；随后换成自己的真实情境。

play it by ear • 到时看情况

常见非正式习语，不适合已确定的计划。

be up in the air • 还没定下来

不等于计划完全取消。

on the spur of the moment • 一时兴起地

通常放句末；比 spontaneously 更口语。

get together • 聚一聚

不一定是正式聚会。

04 Familiar Words, New Meanings

free • 有空

Are you free on Sunday afternoon?

表示时间可用，不是“免费”。

hold • 保持不变

If the weather holds, we might go hiking.

此处指天气维持目前状态。

05 Sentence Patterns

It depends on ...

It depends on how much work I have left by Friday. 这取决于周五前我还有多少工作。

跨话题迁移：It depends on how much time we have before the trip.

The main reason is that ...

The main reason is that I need some time to switch off. 主要原因是我需要一点时间从工作中抽离。

跨话题迁移：The main reason I left early was that I wasn't feeling well.

If I understand you correctly, ...

If I understand you correctly, you're free on Saturday afternoon. 如果我没理解错，你周六下午有空。

跨话题迁移：If I understand you correctly, the deadline has moved to Friday.

I'm leaning towards ...

I'm leaning towards a quiet weekend at home. 我现在更倾向于在家过一个安静的周末。

跨话题迁移：I'm leaning towards staying in this weekend.

06 Say It More Naturally

I have no plan. → I'm keeping the weekend open for now.

后者表示主动保留弹性；完全没想法时原句更直接。

We decide later. → Let's play it by ear.

后者适合双方同意灵活安排；需要确认预订时应明确决定。

We met friends. → We got together with a few friends on Saturday.

后者突出聚会活动，不只是偶然碰见。

07 Conversation Questions

1. Have you got anything planned for the weekend?
2. Do you prefer planning ahead or leaving time open?
3. What do you do when you want a quiet weekend?
4. Have you ever made a last-minute plan that turned out well?
5. How would you politely decline an invitation when you need a break?

08 Active Recall & Substitution

无提示回忆

只看中文线索“周末暂不作安排”，说一句与你自己的经历有关的完整英文句子。

内容替换

把“play it by ear”换到另一个真实场景中；检查原有语气和含义是否仍成立。

互动回应

让搭档追问“What do you do when you want a quiet weekend?”，不看本章材料即兴回答，并至少用一次本章表达。

09 Speaking Challenge

用 1–3 分钟回答“Have you got anything planned for the weekend?”。先给直接回应，再讲真实细节，最后说明感受或判断。录音后合上材料重说一次。

10 Review Checklist

优先掌握：keep the weekend open · play it by ear · head out for a walk

□ 能区分至少两种相近表达的语气和场景

□ 两天后无提示回忆三条优先表达

□ 一周后把其中一条迁移到另一个话题

04 朋友与社交 | Friends and Social Life

01 Topic Introduction

朋友话题不只是介绍人数和认识多久，也包括如何维系关系、处理距离和分享共同经历。表达亲近程度时保持真实，不把所有人都叫 best friend。

02 Core Natural Expressions

01 keep in touch with someone • 与某人保持联系

I still keep in touch with a few friends from university.

场景：谈长期关系 · 频率可以不高；强调联系尚在。

02 drift apart • 渐渐疏远

We didn't fall out; we just drifted apart after graduation.

场景：讲关系变化 · 通常没有明确冲突。

03 hit it off • 一见如故

We hit it off as soon as we started talking about football.

场景：讲初次相处 · 表示相处投契，偏口语。

04 make an effort to meet up • 主动抽空相聚

We make an effort to meet up whenever I'm back home.

场景：谈维系友谊 · 强调主动投入时间。

05 have a lot in common • 有很多共同点

We have a lot in common, especially when it comes to sport.

场景：解释友谊基础 · 不必表示观点完全一致。

06 be there for someone • 在对方需要时支持他

She was there for me when I was adjusting to a new city.

场景：讲支持 · 不只是物理上在场。

07 out of touch • 失去联系；不了解近况

I've been a bit out of touch with my school friends lately.

场景：谈联系减少 · 可表示关系，也可表示不了解消息。

08 catch up over coffee • 喝咖啡聊近况

We caught up over coffee after not seeing each other for months.

场景：谈轻松见面 · catch up 表示交换近况。

03 Phrasal Verbs & Prepositional Phrases

回看上方完整例句，观察搭配中的介词、句法位置和使用边界；随后换成自己的真实情境。

keep in touch with someone • 与某人保持联系

频率可以不高；强调联系尚在。

drift apart • 渐渐疏远

通常没有明确冲突。

make an effort to meet up • 主动抽空相聚

强调主动投入时间。

catch up over coffee • 喝咖啡聊近况

catch up 表示交换近况。

04 Familiar Words, New Meanings

click • 相处合拍

We just clicked when we met.

不是“点击”，是很快相处融洽。

close • 关系亲近

We're still close even though we live in different countries.

可描述情感距离，不是地理距离。

05 Sentence Patterns

What I like about ... is that ...

What I like about this friendship is that we can pick up where we left off. 我喜欢这段友谊的一点是我们能轻松接上上次的话题。

跨话题迁移：What I like about this role is that I get to work with different teams.

I can relate to that.

I can relate to that. It's hard to keep in touch when everyone is busy. 我能理解。大家都忙的时候，保持联系确实不容易。

跨话题迁移：I can relate to that. Moving to a new city was difficult for me too.

That makes sense, especially if ...

That makes sense, especially if you haven't seen each other in years. 这很能理解，尤其是你们已经好几年没见了。

跨话题迁移：That makes sense, especially if tickets are expensive that weekend.

I have mixed feelings about ...

I have mixed feelings about big group gatherings. 我对大型聚会的心情有些复杂。

跨话题迁移：I have mixed feelings about the transfer: he is talented, but the fee is high.

06 Say It More Naturally

We are good friends. → We've stayed close even though we don't see each other often.

后者解释关系如何保持；简单句适合简短介绍。

We don't talk. → We've drifted apart over the years.

后者强调逐渐疏远；若发生冲突不一定适合。

I like her. → We hit it off because we had so much in common.

后者适合描述初识时的投契。

07 Conversation Questions

1. How did you meet one of your close friends?
2. What helps you keep in touch with friends who live far away?
3. Have you ever drifted apart from someone without a disagreement?
4. What do you value most in a friendship?
5. How do friendships change when people move abroad?

08 Active Recall & Substitution

无提示回忆

只看中文线索“与某人保持联系”，说一句与你自己的经历有关的完整英文句子。

内容替换

把“keep in touch with someone”换到另一个真实场景中；检查原有语气和含义是否仍成立。

互动回应

让搭档追问“Have you ever drifted apart from someone without a disagreement?”，不看本章材料即兴回答，并至少用一次本章表达。

09 Speaking Challenge

用 1–3 分钟回答“How did you meet one of your close friends?”。先给直接回应，再讲真实细节，最后说明感受或判断。录音后合上材料重说一次。

10 Review Checklist

优先掌握：keep in touch with someone · drift apart · hit it off

□ 能区分至少两种相近表达的语气和场景

□ 两天后无提示回忆三条优先表达

□ 一周后把其中一条迁移到另一个话题

05 家庭与亲密关系 | Family and Relationships

01 Topic Introduction

谈家庭与亲密关系时，表达要尊重关系的复杂性。练习描述支持、分歧和沟通方式，不默认所有家庭成员都很亲近。

02 Core Natural Expressions

01 be close to someone • 与某人亲近

I've always been close to my sister, and we talk most weeks.

场景：谈亲密程度 · 不用透露自己不愿分享的私人细节。

02 see eye to eye • 看法一致

We don't always see eye to eye, but we listen to each other.

场景：谈分歧 · 常用于否定句；不等于关系差。

03 make time for family • 留时间陪家人

I try to make time for family even when work gets busy.

场景：谈优先事项 · 强调主动安排。

04 talk something through • 把事情谈透

We talked the decision through before making a plan.

场景：谈处理问题 · 可分离：talk it through。

05 be on good terms • 关系不错

We're on good terms even though we don't speak very often.

场景：客观描述关系 · 不暗示特别亲密。

06 grow closer • 变得更亲近

We grew closer after we started spending more time together.

场景：讲关系变化 · 比 become more close 自然。

07 under pressure • 处于压力之下

People sometimes say things they don't mean when they're under pressure.

场景：解释冲突 · 常放在句末或 when 从句中。

08 give someone space • 给某人独处或思考空间

I gave him some space before we talked about it again.

场景：谈冲突后处理 · 不是断绝联系，程度由语境决定。

03 Phrasal Verbs & Prepositional Phrases

回看上方完整例句，观察搭配中的介词、句法位置和使用边界；随后换成自己的真实情境。

see eye to eye • 看法一致

常用于否定句；不等于关系差。

talk something through • 把事情谈透

可分离：talk it through。

be on good terms • 关系不错

不暗示特别亲密。

under pressure • 处于压力之下

常放在句末或 when 从句中。

04 Familiar Words, New Meanings

support • 情感或实际支持

My family supported me when I moved abroad.

不只表示资金支持。

space • 情绪上的缓冲与自主空间

I need a little space to think about it.

不是字面空间大小。

05 Sentence Patterns

I can see why ..., but ...

I can see why you want more time together, but I also need some space. 我能理解你想多相处，但我也需要一点自己的空间。

跨话题迁移：I can see why you would be frustrated, but I think we need more time.

I have mixed feelings about ...

I have mixed feelings about moving away from my family. 对搬离家人身边这件事，我心情复杂。

跨话题迁移：I have mixed feelings about the transfer: he is talented, but the fee is high.

What stood out to me was ...

What stood out to me was how calmly we talked through the problem. 让我印象最深的是我们很平静地把问题谈开了。

跨话题迁移：What stood out to me was how welcoming the people were.

I'd be open to ...

I'd be open to visiting more often if we can plan ahead. 如果能提前安排，我愿意更常回去看望他们。

跨话题迁移：I'd be open to meeting earlier if that works better for everyone.

06 Say It More Naturally

We disagree. → We don't always see eye to eye, but we can talk things through.

后者强调能处理分歧；直接说 disagree 也不失礼。

We are okay. → We're on good terms, although we're not especially close.

更准确区分关系和亲密程度。

I left him alone. → I gave him some space before bringing it up again.

后者强调尊重对方需要，不能用于忽视他人的情况。

07 Conversation Questions

1. How would you describe your relationship with someone in your family?
2. Do you tend to talk through disagreements right away?
3. What helps people stay close when they live apart?
4. Can giving someone space sometimes improve a conversation?
5. How do you balance your own plans with family expectations?

08 Active Recall & Substitution

无提示回忆

只看中文线索“与某人亲近”，说一句与你自己的经历有关的完整英文句子。

内容替换

把“see eye to eye”换到另一个真实场景中；检查原有语气和含义是否仍成立。

互动回应

让搭档追问“What helps people stay close when they live apart?”，不看本章材料即兴回答，并至少用一次本章表达。

09 Speaking Challenge

用 1–3 分钟回答“How would you describe your relationship with someone in your family?”。先给直接回应，再讲真实细节，最后说明感受或判断。录音后合上材料重说一次。

10 Review Checklist

优先掌握：be close to someone · see eye to eye · make time for family

□ 能区分至少两种相近表达的语气和场景

□ 两天后无提示回忆三条优先表达

□ 一周后把其中一条迁移到另一个话题

06 居住环境 | Where I Live

01 Topic Introduction

介绍住处时，别只列房间和家具。更有交流价值的是说明通勤、周边便利、噪音及自己是否住得自在。

02 Core Natural Expressions

01 settle into a new place • 适应新住处

It took me a couple of weeks to settle into my new place.

场景：谈搬家后的适应 · settle into 强调逐渐熟悉。

02 be within walking distance • 步行可达

The library is within walking distance of my flat.

场景：介绍位置便利 · of 后接起点；不是确切分钟数。

03 feel at home • 感到自在

It didn't take long for me to feel at home in the neighbourhood.

场景：谈归属感 · 可以用于城市或群体，不只自己家。

04 put up with noise • 忍受噪音

I can put up with some street noise, but not all night.

场景：说明居住缺点 · 暗示虽不喜欢但能忍受。

05 move in • 搬入新住处

I moved in at the start of the semester.

场景：讲搬家时间 · 不等于搬出 move out。

06 close by • 就在附近

There's a supermarket close by, which makes life easier.

场景：介绍周边设施 · 通常放在所描述事物之后。

07 on the outskirts • 在城市边缘地带

I live on the outskirts, so the rent is a little lower.

场景：介绍地理位置 · 不是市中心；常用于城市。

08 get used to • 逐渐习惯

I'm still getting used to the noise outside my window.

场景：讲适应过程 · to 后接名词或 -ing。

03 Phrasal Verbs & Prepositional Phrases

回看上方完整例句，观察搭配中的介词、句法位置和使用边界；随后换成自己的真实情境。

settle into a new place • 适应新住处

settle into 强调逐渐熟悉。

be within walking distance • 步行可达

of 后接起点；不是确切分钟数。

move in • 搬入新住处

不等于搬出 move out。

on the outskirts • 在城市边缘地带

不是市中心；常用于城市。

04 Familiar Words, New Meanings

place • 住处

I've finally found a place near campus.

口语里 place 可指公寓或房间。

quiet • 环境安静

The street is quiet at night, even though it's near the centre.

不只表示“不说话”。

05 Sentence Patterns

What I like about ... is that ...

What I like about my neighbourhood is that everything is within walking distance. 我喜欢住处附近的一点是各处步行就能到。

跨话题迁移：What I like about this role is that I get to work with different teams.

It took me a while to ...

It took me a while to get used to the noise at night. 我花了一段时间才适应晚上的噪音。

跨话题迁移：It took me a while to settle into the new city.

I'm still getting used to ...

I'm still getting used to sharing a kitchen with other people. 我还在适应和别人共用厨房。

跨话题迁移：I'm still getting used to the early training sessions.

At this point, ...

At this point, I'd rather stay here than move again. 目前我宁愿继续住在这里，也不想再搬家。

跨话题迁移：At this point, I'm mainly looking for feedback on the research question.

06 Say It More Naturally

My home is good. → I like living here because most things are within walking distance.

给出具体理由；简单评价适合快速回应。

I am used to my house. → I'm starting to settle into the new place.

后者强调适应正在发生。

There is much noise. → The traffic noise takes some getting used to.

强调适应难度；若噪音严重，直接说明也更清楚。

07 Conversation Questions

1. What do you like about where you live?
2. Is there anything about the area that took time to get used to?
3. How easy is it to get around without a car?
4. Would you rather live near the centre or somewhere quieter?
5. What would you look for if you moved again?

08 Active Recall & Substitution

无提示回忆

只看中文线索“适应新住处”，说一句与你自己的经历有关的完整英文句子。

内容替换

把“settle into a new place”换到另一个真实场景中；检查原有语气和含义是否仍成立。

互动回应

让搭档追问“How easy is it to get around without a car?”，不看本章材料即兴回答，并至少用一次本章表达。

09 Speaking Challenge

用 1–3 分钟回答“What do you like about where you live?”。先给直接回应，再讲真实细节，最后说明感受或判断。录音后合上材料重说一次。

10 Review Checklist

优先掌握：settle into a new place · be within walking distance · feel at home

□ 能区分至少两种相近表达的语气和场景

□ 两天后无提示回忆三条优先表达

□ 一周后把其中一条迁移到另一个话题

07 饮食与做饭 | Food and Cooking

01 Topic Introduction

聊吃饭时，重点可以是现实习惯：没时间做饭、发现一家店、控制外卖或与朋友一起吃。少背菜单词，多练自然讲述。

02 Core Natural Expressions

01 throw together a quick meal • 随手做顿简餐

I threw together a quick meal with whatever was in the fridge.

场景：谈临时做饭 · 强调不费时、不严格照食谱。

02 eat out • 在外面吃

We eat out once in a while, but usually cook at home.

场景：谈饮食习惯 · 不一定是高档餐厅。

03 cut back on takeout • 减少点外卖

I'm trying to cut back on takeout because it gets expensive.

场景：谈习惯改变 · cut back on 后接减少的事物。

04 have a craving for something • 特别想吃某物

I've been craving spicy noodles all week.

场景：谈口味 · 也可用动词 crave，语气非正式。

05 in a rush • 赶时间

When I'm in a rush, I make something simple rather than skip lunch.

场景：解释简餐选择 · 常作状语，说明为什么仓促。

06 go with • 选择；搭配

I'll go with the soup if it's still available.

场景：点餐选择 · 比 choose 更随意。

07 fill me up • 让我吃饱

A bowl of oats usually fills me up until lunch.

场景：谈饱腹感 · 不等于营养一定充足。

08 end up ordering in • 最后还是叫了外卖

We planned to cook, but ended up ordering in.

场景：讲计划改变 · ordering in 强调送到家。

03 Phrasal Verbs & Prepositional Phrases

回看上方完整例句，观察搭配中的介词、句法位置和使用边界；随后换成自己的真实情境。

eat out • 在外面吃

不一定是高档餐厅。

cut back on takeout • 减少点外卖

cut back on 后接减少的事物。

in a rush • 赶时间

常作状语，说明为什么仓促。

end up ordering in • 最后还是叫了外卖

ordering in 强调送到家。

04 Familiar Words, New Meanings

light • 餐食清淡或量不重

I usually have a light lunch when I have an afternoon meeting.

不是“灯光亮”。

rich • 食物味道厚重或油腻

The dessert was lovely, but a bit too rich for me.

不表示食物“有钱”。

05 Sentence Patterns

I ended up ...

I ended up making dinner from whatever I had in the fridge. 结果我用冰箱里现有的食材做了晚饭。

跨话题迁移：We ended up walking back because the buses had stopped.

It turned out that ...

It turned out that the recipe was much simpler than it looked. 结果发现这道菜比看上去容易得多。

跨话题迁移：It turned out that the delay was caused by a technical problem.

I have mixed feelings about ...

I have mixed feelings about eating out every day. 我对每天在外面吃饭这件事有点矛盾。

跨话题迁移：I have mixed feelings about the transfer: he is talented, but the fee is high.

I would rather ... than ...

I would rather cook something simple than order another takeaway. 我宁愿简单做点饭，也不想再叫外卖。

跨话题迁移：I would rather take the train than drive in the city.

06 Say It More Naturally

I cooked fast. → I threw together a quick meal before the meeting.

强调临时、简单；若按食谱认真做，只说 cooked 更准确。

I want that food. → I've been craving noodles all week.

后者表达强烈想吃；普通选择别夸张。

We didn't cook. → We ended up ordering in after getting home late.

说明计划为何改变。

07 Conversation Questions

1. What do you usually eat on a busy day?
2. Do you enjoy cooking, or do you see it as a chore?
3. What food have you been craving lately?
4. Have you found a restaurant you keep going back to?
5. How have your eating habits changed over time?

08 Active Recall & Substitution

无提示回忆

只看中文线索“随手做顿简餐”，说一句与你自己的经历有关的完整英文句子。

内容替换

把“eat out”换到另一个真实场景中；检查原有语气和含义是否仍成立。

互动回应

让搭档追问“What food have you been craving lately?”，不看本章材料即兴回答，并至少用一次本章表达。

09 Speaking Challenge

用 1–3 分钟回答“What do you usually eat on a busy day?”。先给直接回应，再讲真实细节，最后说明感受或判断。录音后合上材料重说一次。

10 Review Checklist

优先掌握：throw together a quick meal · eat out · cut back on takeout

□ 能区分至少两种相近表达的语气和场景

□ 两天后无提示回忆三条优先表达

□ 一周后把其中一条迁移到另一个话题

08 运动与健身 | Fitness and Exercise

01 Topic Introduction

运动交流要能说训练节奏、恢复和现实障碍。不要把训练说成一串器械名称，也不要把休息说成失败。

02 Core Natural Expressions

01 get back into training • 重新开始训练

I'm easing back into training after a short break.

场景：谈恢复训练 · easing back 强调循序渐进。

02 work up a sweat • 练到出汗

A brisk walk is enough to work up a sweat in this heat.

场景：谈运动强度 · 出汗不等于训练一定有效。

03 keep up a routine • 坚持日常训练

It's easier to keep up a routine when I train at the same time each day.

场景：谈习惯维持 · keep up 强调持续。

04 take a rest day • 安排休息日

I took a rest day because my legs were still sore.

场景：谈恢复 · 合理恢复是训练的一部分。

05 ease back into • 循序渐进地恢复

After being ill, I eased back into running instead of doing too much at once.

场景：谈复训 · into 后接名词或 -ing。

06 on a regular basis • 定期地

I try to do strength work on a regular basis.

场景：谈频率 · 略偏中性正式；聊天可说 regularly。

07 push myself too hard • 让自己练得过头

I pushed myself too hard last week and needed extra recovery.

场景：反思训练负荷 · 不是所有疲劳都表示训练过度。

08 build up gradually • 逐渐增加

I'm building up my running distance gradually.

场景：谈训练进阶 · 常与负荷、距离、时间搭配。

03 Phrasal Verbs & Prepositional Phrases

回看上方完整例句，观察搭配中的介词、句法位置和使用边界；随后换成自己的真实情境。

get back into training • 重新开始训练

easing back 强调循序渐进。

keep up a routine • 坚持日常训练

keep up 强调持续。

ease back into • 循序渐进地恢复

into 后接名词或 -ing。

on a regular basis • 定期地

略偏中性正式；聊天可说 regularly。

04 Familiar Words, New Meanings

form • 动作姿势

I slowed down to keep good form during the lift.

这里不是“表格”。

flat • 没劲、状态低迷

I felt a bit flat during training after a poor night's sleep.

可描述精神或表现，不一定是身体疾病。

05 Sentence Patterns

One thing I've noticed is that ...

One thing I've noticed is that I sleep better when I exercise regularly. 我注意到规律运动时睡得更好。

跨话题迁移：One thing I've noticed is that the team presses less aggressively after half-time.

It took me a while to ...

It took me a while to find a routine that I could maintain. 我花了一段时间才找到能坚持的运动习惯。

跨话题迁移：It took me a while to settle into the new city.

The more ..., the more ...

The more consistent I am, the easier it is to stay motivated. 我越能保持规律，就越容易保持动力。

跨话题迁移：The more I read about the topic, the more questions I have.

In the long run, ...

In the long run, I'd rather build a habit than chase quick results. 从长远看，我宁愿养成习惯，而不是追求速效。

跨话题迁移：In the long run, investing in young players may pay off.

06 Say It More Naturally

I exercise a lot. → I've managed to keep up a routine three times a week.

给出可观察频率；原句在随意聊天中也可以。

I am weak today. → I felt a bit flat in training after sleeping badly.

描述当天状态，不给自己下长期能力判断。

I stopped training. → I took a rest day and eased back into it the next morning.

适合短暂休息；长期中断应直接说 stopped。

07 Conversation Questions

1. What does your training routine look like at the moment?
2. What makes it easier or harder to keep up a routine?
3. How do you decide when to take a rest day?
4. Have you ever pushed yourself too hard?
5. How would you adjust your training during a very busy month?

08 Active Recall & Substitution

无提示回忆

只看中文线索“重新开始训练”，说一句与你自己的经历有关的完整英文句子。

内容替换

把“get back into training”换到另一个真实场景中；检查原有语气和含义是否仍成立。

互动回应

让搭档追问“How do you decide when to take a rest day?”，不看本章材料即兴回答，并至少用一次本章表达。

09 Speaking Challenge

用 1–3 分钟回答“What does your training routine look like at the moment?”。先给直接回应，再讲真实细节，最后说明感受或判断。录音后合上材料重说一次。

10 Review Checklist

优先掌握：get back into training · work up a sweat · keep up a routine

□ 能区分至少两种相近表达的语气和场景

□ 两天后无提示回忆三条优先表达

□ 一周后把其中一条迁移到另一个话题

09 阅读与媒体 | Reading and Media

01 Topic Introduction

谈书和媒体时，练习说出接触来源、阅读体验以及对内容的保留意见。不要把每本书都概括为 interesting。

02 Core Natural Expressions

01 get into a book • 读书渐入佳境

It took me a few chapters to get into the book.

场景：谈阅读体验 · 初期不投入，后来逐渐喜欢。

02 lose track of time • 忘记时间

I lost track of time while reading and missed the bus.

场景：讲沉浸感 · 常与 while doing 连用。

03 come across an article • 偶然看到一篇文章

I came across an article about player development yesterday.

场景：讲信息来源 · 强调并非专门寻找。

04 take something with a grain of salt • 审慎看待某说法

I take those transfer rumours with a grain of salt.

场景：谈不可靠消息 · 美式 grain；英式常说 pinch of salt。

05 be drawn to • 被某类内容吸引

I'm drawn to books that explain complex ideas clearly.

场景：谈偏好 · 比 like 多一层吸引感。

06 in depth • 深入地

The podcast discussed the issue in depth without getting too technical.

场景：评价内容深度 · 常放在动词后。

07 pick up on • 注意到细微之处

I picked up on a few assumptions the author never explained.

场景：谈批判性阅读 · 强调察觉细节，不是拿起来。

08 put a book down • 放下书；停止读

I couldn't put the book down once the story picked up.

场景：谈吸引力 · 否定形式常表示很入迷。

03 Phrasal Verbs & Prepositional Phrases

回看上方完整例句，观察搭配中的介词、句法位置和使用边界；随后换成自己的真实情境。

get into a book • 读书渐入佳境

初期不投入，后来逐渐喜欢。

come across an article • 偶然看到一篇文章

强调并非专门寻找。

take something with a grain of salt • 审慎看待某说法

美式 grain；英式常说 pinch of salt。

pick up on • 注意到细微之处

强调察觉细节，不是拿起来。

04 Familiar Words, New Meanings

take • 观点、看法

I was interested in the author's take on the transfer market.

不是动词“拿”。

point • 论点

I can see the author's main point, even though I disagree.

不是只有分数或地点。

05 Sentence Patterns

One thing I've noticed is that ...

One thing I've noticed is that I remember more when I discuss what I've read. 我注意到，和别人讨论读过的内容时，我记得更牢。

跨话题迁移：One thing I've noticed is that the team presses less aggressively after half-time.

For what it's worth, ...

For what it's worth, I found that article easier to follow than the book. 供你参考，我觉得那篇文章比那本书更容易读懂。

跨话题迁移：For what it's worth, I think the second option sounds more practical.

As far as I can tell, ...

As far as I can tell, the podcast presents both sides fairly. 据我所知，这档播客比较公正地呈现了双方观点。

跨话题迁移：As far as I can tell, the train is still running on time.

What stood out to me was ...

What stood out to me was the interviewer's follow-up question. 让我印象最深的是采访者的追问。

跨话题迁移：What stood out to me was how welcoming the people were.

06 Say It More Naturally

The book is interesting. → I was drawn to the way it explained a difficult idea in plain language.

给出具体吸引点；简短推荐仍可说 interesting。

I saw an article. → I came across an article while looking for match data.

后者含偶然发现；特意搜索时不适用。

The news is fake. → I'd take that claim with a grain of salt until we see the source.

在尚未核实时表达审慎，而非武断判假。

07 Conversation Questions

1. What have you been reading or listening to lately?
2. How do you decide whether a source is worth your time?
3. Have you ever changed your mind after reading a book?
4. What kind of writing draws you in?
5. How do you respond when an article makes a strong claim without much evidence?

08 Active Recall & Substitution

无提示回忆

只看中文线索“读书渐入佳境”，说一句与你自己的经历有关的完整英文句子。

内容替换

把“get into a book”换到另一个真实场景中；检查原有语气和含义是否仍成立。

互动回应

让搭档追问“Have you ever changed your mind after reading a book?”，不看本章材料即兴回答，并至少用一次本章表达。

09 Speaking Challenge

用 1–3 分钟回答“What have you been reading or listening to lately?”。先给直接回应，再讲真实细节，最后说明感受或判断。录音后合上材料重说一次。

10 Review Checklist

优先掌握：get into a book · lose track of time · come across an article

- □ 能区分至少两种相近表达的语气和场景
- □ 两天后无提示回忆三条优先表达
- □ 一周后把其中一条迁移到另一个话题

10 音乐与播客 | Music and Podcasts

01 Topic Introduction

播客与音乐话题适合练习推荐、描述收听情境和解释什么内容让你持续听。用具体节目特点代替空泛的 good。

02 Core Natural Expressions

01 have something on in the background • 把某物放作背景声

I often have a football podcast on in the background while cooking.

场景：谈收听习惯 · 不表示全程专注聆听。

02 get hooked on a podcast • 迷上一个播客

I got hooked on the series after the first episode.

场景：谈兴趣形成 · 语气非正式，强调持续想听。

03 listen on the way to work • 通勤路上听

I usually listen to interviews on the way to work.

场景：谈时间安排 · on the way to 后接地点。

04 pick up an expression • 顺便学会一个表达

I picked up a useful expression from a sports interview.

场景：谈语言输入 · pick up 强调非正式接触中学会。

05 go back to an episode • 重听一期节目

I went back to the episode because I wanted to check the analyst's point.

场景：谈复听 · 说明目的比单说 listened again 更清楚。

06 off the top of my head • 一时想到的

Off the top of my head, I'd recommend the episode on youth development.

场景：临时推荐 · 多放句首，表示没仔细查。

07 be into a genre • 喜欢某一风格

I'm more into interview podcasts than long news round-ups.

场景：谈偏好 · 非正式，后接音乐或节目类型。

08 stick with a series • 持续追一个系列

I stuck with the series because the conversations felt natural.

场景：解释持续关注 · 不是一听就喜欢，强调继续听。

03 Phrasal Verbs & Prepositional Phrases

回看上方完整例句，观察搭配中的介词、句法位置和使用边界；随后换成自己的真实情境。

have something on in the background • 把某物放作背景声

不表示全程专注聆听。

pick up an expression • 顺便学会一个表达

pick up 强调非正式接触中学会。

go back to an episode • 重听一期节目

说明目的比单说 listened again 更清楚。

off the top of my head • 一时想到的

多放句首，表示没仔细查。

04 Familiar Words, New Meanings

track • 一首歌

That's my favourite track on the album.

这里不是跑道或数据轨迹。

follow • 持续关注节目或创作者

I follow a few podcasts on football tactics.

不一定是身体跟随。

05 Sentence Patterns

What I like about ... is that ...

What I like about this podcast is that the hosts sound like real friends. 我喜欢这档播客的一点是主持人听起来像真正的朋友。

跨话题迁移：What I like about this role is that I get to work with different teams.

For what it's worth, ...

For what it's worth, the first episode took a while to get going. 供你参考，第一集过了一会儿才进入状态。

跨话题迁移：For what it's worth, I think the second option sounds more practical.

I can relate to that.

I can relate to that. I often listen to music while I walk. 我也有同感。我走路时经常听音乐。

跨话题迁移：I can relate to that. Moving to a new city was difficult for me too.

What stood out to me was ...

What stood out to me was how much detail the guest remembered. 让我印象最深的是嘉宾记得那么多细节。

跨话题迁移：What stood out to me was how welcoming the people were.

06 Say It More Naturally

The podcast is good. → I keep coming back to it because the host asks thoughtful follow-up questions.

具体指出价值；简单推荐时 good 仍可用。

I learned a word. → I picked up an expression I could actually use in conversation.

强调自然接触与实用性。

I heard it twice. → I went back to the episode to check how they explained the data.

强调有意复听及原因。

07 Conversation Questions

1. What do you usually listen to when you're travelling?
2. Is there a podcast or artist you've recently got into?
3. What makes you stick with a long-running series?
4. Have you ever picked up a useful English expression from a podcast?
5. How would you recommend one episode to a friend who knows nothing about the topic?

08 Active Recall & Substitution

无提示回忆

只看中文线索“把某物放作背景声”，说一句与你自己的经历有关的完整英文句子。

内容替换

把“have something on in the background”换到另一个真实场景中；检查原有语气和含义是否仍成立。

互动回应

让搭档追问“What makes you stick with a long-running series?”，不看本章材料即兴回答，并至少用一次本章表达。

09 Speaking Challenge

用 1–3 分钟回答“What do you usually listen to when you're travelling?”。先给直接回应，再讲真实细节，最后说明感受或判断。录音后合上材料重说一次。

10 Review Checklist

优先掌握：have something on in the background · get hooked on a podcast · listen on the way to work

□ 能区分至少两种相近表达的语气和场景

□ 两天后无提示回忆三条优先表达

□ 一周后把其中一条迁移到另一个话题

11 旅行计划 | Travel Plans

01 Topic Introduction

讨论旅行计划时，要区分已经订好、正在查询和尚未确定的部分。练习表达条件和弹性，不用编造一份完美行程。

02 Core Natural Expressions

01 look into flights • 查询航班方案

I've started looking into flights, but I haven't booked anything yet.

场景：谈准备阶段 · look into 表示调查，不等于已预订。

02 be up in the air • 尚未确定

The dates are still up in the air because I'm waiting for my schedule.

场景：谈不确定性 · 常描述计划或决定。

03 book well in advance • 提前很久预订

I usually book accommodation well in advance during busy seasons.

场景：谈预订习惯 · in advance 修饰时间安排。

04 leave room for spontaneity • 留些即兴空间

I plan the essentials but leave room for spontaneity.

场景：谈旅行风格 · 不等于完全不计划。

05 on a budget • 预算有限

We're travelling on a budget, so we'll take the train.

场景：解释选择 · 不一定意味着非常拮据。

06 work around a schedule • 围绕日程作调整

We'll have to work around my exam schedule.

场景：谈安排限制 · work around 后接限制因素。

07 at the last minute • 在最后一刻

Flights often cost more if you book at the last minute.

场景：谈预订时机 · 不适合泛指“很晚”。

08 sort out the details • 把细节安排好

Once we agree on dates, we can sort out the details.

场景：谈后续步骤 · 偏口语，英式尤其常见。

03 Phrasal Verbs & Prepositional Phrases

回看上方完整例句，观察搭配中的介词、句法位置和使用边界；随后换成自己的真实情境。

look into flights • 查询航班方案

look into 表示调查，不等于已预订。

book well in advance • 提前很久预订

in advance 修饰时间安排。

work around a schedule • 围绕日程作调整

work around 后接限制因素。

sort out the details • 把细节安排好

偏口语，英式尤其常见。

04 Familiar Words, New Meanings

flexible • 时间或计划有弹性

My dates are flexible if the flights are cheaper later in the week.

不只表示身体柔软。

deal • 划算的价格或方案

We found a good deal on train tickets.

不是每次都指商业交易。

05 Sentence Patterns

It depends on ...

It depends on whether I can get time off work. 这取决于我能不能请到假。

跨话题迁移：It depends on how much time we have before the trip.

If I understand you correctly, ...

If I understand you correctly, the train tickets are refundable. 如果我没理解错，火车票可以退款。

跨话题迁移：If I understand you correctly, the deadline has moved to Friday.

I'd be open to ...

I'd be open to changing the route if the weather turns bad. 如果天气变差，我愿意调整路线。

跨话题迁移：I'd be open to meeting earlier if that works better for everyone.

For the time being, ...

For the time being, I'll leave the dates flexible. 目前我会先让日期保持灵活。

跨话题迁移：For the time being, I'm staying with a friend while I look for a flat.

06 Say It More Naturally

I will travel maybe. → The trip is still up in the air because I don't know my dates yet.

表达具体的不确定来源。

I search flights. → I'm looking into flights, but I haven't booked anything.

区分查询与承诺。

I don't plan anything. → I like to book the essentials and leave room for spontaneity.

表达有限计划；若真完全无计划则原句更准确。

07 Conversation Questions

1. Where are you thinking of going next?
2. Which parts of a trip do you prefer to book in advance?
3. What usually makes your plans change?
4. Would you rather travel on a tight budget or take fewer, more comfortable trips?
5. How would you plan a trip if your dates were uncertain?

08 Active Recall & Substitution

无提示回忆

只看中文线索“查询航班方案”，说一句与你自己的经历有关的完整英文句子。

内容替换

把“look into flights”换到另一个真实场景中；检查原有语气和含义是否仍成立。

互动回应

让搭档追问“What usually makes your plans change?”，不看本章材料即兴回答，并至少用一次本章表达。

09 Speaking Challenge

用 1–3 分钟回答“Where are you thinking of going next?”。先给直接回应，再讲真实细节，最后说明感受或判断。录音后合上材料重说一次。

10 Review Checklist

优先掌握：look into flights · be up in the air · book well in advance

□ 能区分至少两种相近表达的语气和场景

□ 两天后无提示回忆三条优先表达

□ 一周后把其中一条迁移到另一个话题

12 假期与放松 | Holidays and Rest

01 Topic Introduction

谈休假时，练习说明自己如何真正放松，以及休息和内疚感的关系。不要把“没做事”自动说成浪费时间。

02 Core Natural Expressions

01 switch off for a while • 暂时把工作放下

It took me a day to switch off and stop checking my email.

场景：谈假期开始 · 英式口语常见；不是关电器。

02 take a couple of days off • 请几天假

I'm taking a couple of days off after the conference.

场景：谈请假 · off 可用于工作或学习休息。

03 recharge my batteries • 恢复精力

A quiet weekend helped me recharge my batteries.

场景：谈恢复 · 常见习语，非正式，别过量使用。

04 go at my own pace • 按自己的节奏

On holiday I like to explore at my own pace.

场景：谈旅行或休息方式 · 比“慢”更强调自主安排。

05 away from work • 暂离工作

I need some time away from work to clear my head.

场景：谈休息需求 · 自然放在 time 后。

06 on my own • 独自一人

I spent one afternoon on my own, walking around the city.

场景：谈独处 · 不等于孤独。

07 clear my head • 理清思绪

I went for a walk to clear my head after a difficult week.

场景：谈减压 · 比 relax 更强调摆脱纷乱想法。

08 ease back into work • 逐渐恢复工作节奏

I'm easing back into work rather than taking on everything at once.

场景：谈假期后恢复 · into 后接名词或 -ing。

03 Phrasal Verbs & Prepositional Phrases

回看上方完整例句，观察搭配中的介词、句法位置和使用边界；随后换成自己的真实情境。

switch off for a while • 暂时把工作放下

英式口语常见；不是关电器。

take a couple of days off • 请几天假

off 可用于工作或学习休息。

away from work • 暂离工作

自然放在 time 后。

clear my head • 理清思绪

比 relax 更强调摆脱纷乱想法。

04 Familiar Words, New Meanings

break • 休息时间

I needed a proper break after finishing the report.

不是“弄坏”。

space • 心理与时间空间

Having some space to think helped me make a decision.

不是字面房间面积。

05 Sentence Patterns

The main reason is that ...

The main reason is that I need a proper break after a busy term. 主要原因是忙碌的学期后我需要好好休息。

跨话题迁移：The main reason I left early was that I wasn't feeling well.

It took me a while to ...

It took me a while to stop checking work messages on holiday. 度假时我花了一段时间才不再查工作消息。

跨话题迁移：It took me a while to settle into the new city.

I have mixed feelings about ...

I have mixed feelings about planning every day of a holiday. 对把假期每一天都安排满，我心情复杂。

跨话题迁移：I have mixed feelings about the transfer: he is talented, but the fee is high.

In practice, ...

In practice, I usually feel better after a day with no fixed plans. 实际上，过一天没有固定安排的日子，我通常会感觉更好。

跨话题迁移：In practice, I rarely manage to stick to a rigid schedule.

06 Say It More Naturally

I did nothing. → I had a quiet weekend and finally switched off for a while.

把有价值的休息说清；若回答要简短，did nothing 也自然。

I relaxed. → A long walk helped me clear my head.

后者强调思绪得到整理。

I returned to work. → I'm easing back into work after a few days off.

突出逐步恢复；若已全速恢复，直接句更准确。

07 Conversation Questions

1. When was the last time you felt properly rested?
2. What helps you switch off after a busy week?
3. Do you prefer an active holiday or a quiet one?
4. Do you ever feel guilty about taking time off?
5. What would a genuinely restorative weekend look like for you?

08 Active Recall & Substitution

无提示回忆

只看中文线索“暂时把工作放下”，说一句与你自己的经历有关的完整英文句子。

内容替换

把“switch off for a while”换到另一个真实场景中；检查原有语气和含义是否仍成立。

互动回应

让搭档追问“Do you prefer an active holiday or a quiet one?”，不看本章材料即兴回答，并至少用一次本章表达。

09 Speaking Challenge

用 1–3 分钟回答“When was the last time you felt properly rested?”。先给直接回应，再讲真实细节，最后说明感受或判断。录音后合上材料重说一次。

10 Review Checklist

优先掌握：switch off for a while · take a couple of days off · recharge my batteries

□ 能区分至少两种相近表达的语气和场景

□ 两天后无提示回忆三条优先表达

□ 一周后把其中一条迁移到另一个话题

13 购物与消费 | Shopping and Spending

01 Topic Introduction

消费话题适合讨论取舍、使用频率与价值，而不是只说便宜或贵。练习礼貌地说明为什么暂时不买。

02 Core Natural Expressions

01 shop around • 货比三家

I shopped around before buying a new laptop.

场景：谈购买前比较 · 不等于随便逛街。

02 be worth the money • 物有所值

The headphones were expensive, but they've been worth the money.

场景：评价购买 · 可从实际使用判断。

03 hold off on buying something • 暂缓购买

I'm holding off on buying a new phone until mine stops working.

场景：谈延迟消费 · on 后接名词或 -ing。

04 make an impulse purchase • 冲动消费

I nearly made an impulse purchase, but I waited a day.

场景：反思消费 · 多指未经充分考虑。

05 within my budget • 在预算内

The cheaper option is still within my budget and meets my needs.

场景：比较方案 · 不等于最便宜。

06 on sale • 正在打折

I bought the coat when it was on sale.

场景：谈价格机会 · 美式常用；英式也可说 in the sale。

07 add up • 逐渐积累成较大金额

Small subscriptions add up if you don't keep track of them.

场景：谈日常支出 · 这里不是简单算术加法。

08 get my money's worth • 用得值

I use the gym often enough to get my money's worth.

场景：评价使用价值 · 非正式，重实际收益。

03 Phrasal Verbs & Prepositional Phrases

回看上方完整例句，观察搭配中的介词、句法位置和使用边界；随后换成自己的真实情境。

shop around • 货比三家

不等于随便逛街。

hold off on buying something • 暂缓购买

on 后接名词或 -ing。

on sale • 正在打折

美式常用；英式也可说 in the sale。

add up • 逐渐积累成较大金额

这里不是简单算术加法。

04 Familiar Words, New Meanings

value • 价值或性价比

It isn't the cheapest option, but it's good value.

不只指抽象价值观。

deal • 划算的交易

The annual pass is a better deal if you go every week.

不是所有低价都是好 deal。

05 Sentence Patterns

It depends on ...

It depends on whether I'll actually use it often. 这取决于我是不是真的会经常用它。

跨话题迁移：It depends on how much time we have before the trip.

I have mixed feelings about ...

I have mixed feelings about buying the cheaper version. 对买便宜的那个版本，我有些犹豫。

跨话题迁移：I have mixed feelings about the transfer: he is talented, but the fee is high.

I would rather ... than ...

I would rather wait for a sale than buy it on impulse. 我宁愿等打折，也不想冲动购买。

跨话题迁移：I would rather take the train than drive in the city.

In practice, ...

In practice, a good return policy matters more to me than a small discount. 实际上，对我来说良好的退货政策比小幅折扣更重要。

跨话题迁移：In practice, I rarely manage to stick to a rigid schedule.

06 Say It More Naturally

It is cheap. → It's good value for something I use every day.

强调长期使用价值；只谈标价时 cheap 更直接。

I want it but won't buy. → I'm holding off on it until I know I really need it.

说明推迟购买的条件。

I spent too much. → The small purchases added up faster than I expected.

说明支出累积机制。

07 Conversation Questions

1. What was the last purchase you felt was really worth the money?
2. Do you tend to shop around before buying something expensive?
3. What kinds of small expenses add up for you?
4. Have you ever regretted an impulse purchase?
5. How do you decide when paying more is worthwhile?

08 Active Recall & Substitution

无提示回忆

只看中文线索“货比三家”，说一句与你自己的经历有关的完整英文句子。

内容替换

把“shop around”换到另一个真实场景中；检查原有语气和含义是否仍成立。

互动回应

让搭档追问“What kinds of small expenses add up for you?”，不看本章材料即兴回答，并至少用一次本章表达。

09 Speaking Challenge

用 1–3 分钟回答“What was the last purchase you felt was really worth the money?”。先给直接回应，再讲真实细节，最后说明感受或判断。录音后合上材料重说一次。

10 Review Checklist

优先掌握：shop around · be worth the money · hold off on buying something

□ 能区分至少两种相近表达的语气和场景

□ 两天后无提示回忆三条优先表达

□ 一周后把其中一条迁移到另一个话题

14 科技与手机 | Technology and Phones

01 Topic Introduction

谈手机与科技时，不只评价产品好坏。练习讨论注意力、数字习惯和具体技术问题。

02 Core Natural Expressions

01 be glued to my phone • 总盯着手机

I realised I was glued to my phone during every break.

场景：谈过度使用 · 形象表达，偏非正式。

02 cut down on screen time • 减少屏幕时间

I'm trying to cut down on screen time before bed.

场景：谈习惯改变 · cut down on 后接减少的事物。

03 set up an account • 开通并设置账户

It only took a few minutes to set up the account.

场景：谈软件使用 · set up 强调初始配置。

04 run into a technical issue • 遇到技术问题

I ran into a technical issue while uploading the file.

场景：解释任务受阻 · run into 表示碰上问题。

05 in the background • 在后台

The app keeps running in the background and drains the battery.

场景：解释设备问题 · 也可用于音乐作背景声，语境不同。

06 back up my files • 备份文件

I back up my files regularly in case my laptop fails.

场景：谈数据保护 · 动词 back up 可分离。

07 get distracted by notifications • 被通知分心

I get distracted by notifications when I'm trying to read.

场景：谈注意力 · 具体指出干扰源。

08 keep up with updates • 跟上更新

It's hard to keep up with every new feature.

场景：谈技术变化 · keep up with 强调持续跟进。

03 Phrasal Verbs & Prepositional Phrases

回看上方完整例句，观察搭配中的介词、句法位置和使用边界；随后换成自己的真实情境。

cut down on screen time • 减少屏幕时间

cut down on 后接减少的事物。

set up an account • 开通并设置账户

set up 强调初始配置。

run into a technical issue • 遇到技术问题

run into 表示碰上问题。

back up my files • 备份文件

动词 back up 可分离。

04 Familiar Words, New Meanings

freeze • 设备卡住

My phone froze while I was on the call.

不是温度真的结冰。

drain • 耗尽电量

The app drains the battery quickly.

不只指排水。

05 Sentence Patterns

One thing I've noticed is that ...

One thing I've noticed is that I check my phone without thinking. 我注意到自己会不自觉地看手机。

跨话题迁移：One thing I've noticed is that the team presses less aggressively after half-time.

The main reason is that ...

The main reason is that so many messages arrive throughout the day. 主要原因是一天中不断有消息进来。

跨话题迁移：The main reason I left early was that I wasn't feeling well.

I haven't made up my mind yet.

I haven't made up my mind yet about replacing my phone. 我还没决定要不要换手机。

跨话题迁移：I haven't made up my mind yet about where to live.

In practice, ...

In practice, I use only a fraction of the features it offers. 实际上，我只用到它提供的一小部分功能。

跨话题迁移：In practice, I rarely manage to stick to a rigid schedule.

06 Say It More Naturally

My phone is bad. → It keeps freezing when I try to open the app.

指出具体问题；简单评价在闲聊时也可能够用。

I use phone too much. → I get distracted by notifications even when I'm trying to focus.

描述具体机制，便于讨论改善办法。

The app has a problem. → I ran into an issue while uploading the file.

说明发生在何时，方便别人帮助。

07 Conversation Questions

1. Which app do you use more than you would like?
2. When does your phone help you, and when does it distract you?
3. Have you ever lost work because you forgot to back it up?
4. What makes a digital tool genuinely useful?
5. How would you change your phone habits without making daily life less convenient?

08 Active Recall & Substitution

无提示回忆

只看中文线索“总盯着手机”，说一句与你自己的经历有关的完整英文句子。

内容替换

把“cut down on screen time”换到另一个真实场景中；检查原有语气和含义是否仍成立。

互动回应

让搭档追问“Have you ever lost work because you forgot to back it up?”，不看本章材料即兴回答，并至少用一次本章表达。

09 Speaking Challenge

用 1–3 分钟回答“Which app do you use more than you would like?”。先给直接回应，再讲真实细节，最后说明感受或判断。录音后合上材料重说一次。

10 Review Checklist

优先掌握：be glued to my phone · cut down on screen time · set up an account

□ 能区分至少两种相近表达的语气和场景

□ 两天后无提示回忆三条优先表达

□ 一周后把其中一条迁移到另一个话题

15 健康与睡眠 | Health and Sleep

01 Topic Introduction

健康与睡眠话题需要避免随意自我诊断。练习描述感受、规律与求助情境，不把短期疲倦说成疾病。

02 Core Natural Expressions

01 have trouble falling asleep • 难以入睡

I have trouble falling asleep when I work too late.

场景：描述睡眠情况 · 与睡着后频繁醒来不同。

02 feel run-down • 觉得疲惫不适

I've felt a bit run-down this week, so I'm taking things easy.

场景：谈短期状态 · 口语感受，不是医学诊断。

03 catch up on sleep • 补觉

I tried to catch up on sleep over the weekend.

场景：谈恢复 · 不能保证把长期睡眠不足完全补回。

04 get into a better sleep routine • 建立更好的睡眠规律

I'm trying to get into a better sleep routine this month.

场景：谈习惯调整 · 强调逐渐建立。

05 on a regular basis • 规律地

I sleep better when I exercise on a regular basis.

场景：谈长期习惯 · 口语也可更简单说 regularly。

06 cut back on caffeine • 减少咖啡因摄入

I've cut back on caffeine in the afternoon.

场景：谈个人尝试 · 不等于完全戒掉。

07 under the weather • 有点不舒服

I'm feeling a bit under the weather, so I'll stay in tonight.

场景：轻微不适的寒暄 · 非正式，不用于具体诊断。

08 take it easy • 放轻松；休息

I decided to take it easy after a poor night's sleep.

场景：谈临时调整 · 可表示别太用力。

03 Phrasal Verbs & Prepositional Phrases

回看上方完整例句，观察搭配中的介词、句法位置和使用边界；随后换成自己的真实情境。

have trouble falling asleep • 难以入睡

与睡着后频繁醒来不同。

catch up on sleep • 补觉

不能保证把长期睡眠不足完全补回。

cut back on caffeine • 减少咖啡因摄入

不等于完全戒掉。

under the weather • 有点不舒服

非正式，不用于具体诊断。

04 Familiar Words, New Meanings

light • 睡眠浅

I'm a light sleeper, so noise wakes me easily.

不是体重轻。

off • 状态不对劲

I feel a little off today, though I can't explain why.

只描述感受，不说明病因。

05 Sentence Patterns

I may be wrong, but ...

I may be wrong, but I think late coffee affects my sleep. 也许我判断得不对，但我觉得下午晚些时候喝咖啡会影响睡眠。

跨话题迁移：I may be wrong, but I think the museum closes at six.

It took me a while to ...

It took me a while to notice how much stress affected my energy. 我花了一段时间才注意到压力对精力的影响有多大。

跨话题迁移：It took me a while to settle into the new city.

I don't want to jump to conclusions.

I don't want to jump to conclusions about one bad night's sleep. 我不想根据一晚没睡好就草率下结论。

跨话题迁移：We lost one match, but I don't want to jump to conclusions about the manager.

In the long run, ...

In the long run, a routine I can keep matters more than a perfect week. 从长远看，能坚持的作息比完美的一周更重要。

跨话题迁移：In the long run, investing in young players may pay off.

06 Say It More Naturally

I am sick. → I'm feeling a bit under the weather today.

轻微不适时较自然；确诊或需明确请假时直接说明更好。

I am very tired. → I feel run-down after several late nights.

突出持续累积的疲惫。

I sleep bad. → I've been having trouble falling asleep lately.

准确描述问题，并避免不自然的 sleep bad。

07 Conversation Questions

1. What helps you wind down before bed?
2. Does your sleep routine change during busy periods?
3. What do you notice when you haven't slept well?
4. How do you decide when to take it easy?
5. What small change to your routine would be realistic to keep up?

08 Active Recall & Substitution

无提示回忆

只看中文线索“难以入睡”，说一句与你自己的经历有关的完整英文句子。

内容替换

把“have trouble falling asleep”换到另一个真实场景中；检查原有语气和含义是否仍成立。

互动回应

让搭档追问“What do you notice when you haven't slept well?”，不看本章材料即兴回答，并至少用一次本章表达。

09 Speaking Challenge

用 1–3 分钟回答“What helps you wind down before bed?”。先给直接回应，再讲真实细节，最后说明感受或判断。录音后合上材料重说一次。

10 Review Checklist

优先掌握：have trouble falling asleep · feel run-down · catch up on sleep

□ 能区分至少两种相近表达的语气和场景

□ 两天后无提示回忆三条优先表达

□ 一周后把其中一条迁移到另一个话题

16 天气与季节 | Weather and Seasons

01 Topic Introduction

天气寒暄的重点不是背所有气象名词，而是自然联系到出行、运动和一天的安排。

02 Core Natural Expressions

01 warm up a bit • 天气稍微转暖

It looks like it'll warm up a bit by the afternoon.

场景：谈天气变化 · 可指天气或运动热身，靠语境判断。

02 get caught in the rain • 被雨淋到

We got caught in the rain on the way back.

场景：讲突发情况 · 强调没预料到或没避开。

03 make the most of the weather • 趁天气好做点事

Let's make the most of the weather and go for a walk.

场景：提出活动 · 通常指利用好天气。

04 be all over the place • 变化无常

The weather's been all over the place this week.

场景：谈不稳定天气 · 非正式，不是地理位置。

05 clear up • 天气转晴

It's supposed to clear up after lunch.

场景：谈未来天气 · 常指雨停、云散。

06 in the shade • 在阴凉处

It feels much cooler in the shade.

场景：谈体感 · 与 in the sun 对应。

07 out of nowhere • 毫无预兆地

The storm came out of nowhere while we were hiking.

场景：讲突然变化 · 强调意外，不必字面理解。

08 hold up • 维持住

If the weather holds up, we can play football outside.

场景：谈条件计划 · 这里表示天气不要变坏。

03 Phrasal Verbs & Prepositional Phrases

回看上方完整例句，观察搭配中的介词、句法位置和使用边界；随后换成自己的真实情境。

get caught in the rain • 被雨淋到

强调没预料到或没避开。

make the most of the weather • 趁天气好做点事

通常指利用好天气。

out of nowhere • 毫无预兆地

强调意外，不必字面理解。

hold up • 维持住

这里表示天气不要变坏。

04 Familiar Words, New Meanings

mild • 温和、不冷不热

The winter has been fairly mild so far.

不是“味道淡”。

fresh • 空气清新或略凉

The air feels fresh after the rain.

不是只有“新鲜食物”。

05 Sentence Patterns

What I like about ... is that ...

What I like about autumn is that I can spend more time outside. 我喜欢秋天的一点是可以多待在户外。

跨话题迁移：What I like about this role is that I get to work with different teams.

It depends on ...

It depends on whether the rain clears up by the afternoon. 这取决于下午雨会不会停。

跨话题迁移：It depends on how much time we have before the trip.

It turned out that ...

It turned out that the weather was much better than the forecast suggested. 结果天气比预报说的好得多。

跨话题迁移：It turned out that the delay was caused by a technical problem.

At this point, ...

At this point, I wouldn't plan the whole weekend around the forecast. 现在我不会只凭天气预报安排整个周末。

跨话题迁移：At this point, I'm mainly looking for feedback on the research question.

06 Say It More Naturally

The weather is good. → It's finally cleared up, so we can play outside.

说明什么变好以及影响；闲聊开头说 good 很自然。

Rain came suddenly. → The rain came out of nowhere while we were walking.

强调出乎意料。

The weather is strange. → It's been all over the place this week—warm one day, cold the next.

具体说明变化。

07 Conversation Questions

1. What's the weather been like where you are?
2. Do you change your plans when the forecast looks uncertain?
3. Have you ever been caught in bad weather while travelling?
4. Which season makes it easiest for you to stay active?
5. How much does weather affect your mood or routine?

08 Active Recall & Substitution

无提示回忆

只看中文线索“天气稍微转暖”，说一句与你自己的经历有关的完整英文句子。

内容替换

把“get caught in the rain”换到另一个真实场景中；检查原有语气和含义是否仍成立。

互动回应

让搭档追问“Have you ever been caught in bad weather while travelling?”，不看本章材料即兴回答，并至少用一次本章表达。

09 Speaking Challenge

用 1–3 分钟回答“What's the weather been like where you are?”。先给直接回应，再讲真实细节，最后说明感受或判断。录音后合上材料重说一次。

10 Review Checklist

优先掌握：warm up a bit · get caught in the rain · make the most of the weather

□ 能区分至少两种相近表达的语气和场景

□ 两天后无提示回忆三条优先表达

□ 一周后把其中一条迁移到另一个话题

17 通勤与交通 | Getting Around

01 Topic Introduction

交通话题常用于解释迟到、比较路线和提出应急方案。练习把原因与下一步说清楚，而不是只说交通不好。

02 Core Natural Expressions

01 get stuck in traffic • 堵在路上

We got stuck in traffic on the way to the stadium.

场景：解释延误 · 不是自己被困在车里。

02 miss a connection • 错过换乘

I missed my connection because the first train was delayed.

场景：讲旅行变动 · 可指火车或航班接驳。

03 be a short ride away • 坐车很快就到

The campus is a short bus ride away from my flat.

场景：介绍距离 · 短 ride 不等于步行距离。

04 allow extra time • 预留额外时间

I allow extra time when I have to catch an early flight.

场景：谈规划 · 常用于不确定交通。

05 on the way • 在路上

I'm on the way now; I should be there in twenty minutes.

场景：告知行程 · 可单独用于即时消息。

06 get around • 在城里出行

It's easy to get around by bike where I live.

场景：评价交通便利 · 不必表示环绕某物。

07 at rush hour • 在高峰时段

The journey takes twice as long at rush hour.

场景：解释耗时 · 常放句末。

08 hold up • 耽搁

Sorry I'm late; I was held up by a problem on the line.

场景：解释迟到 · 与论点“站得住脚”的 hold up 不同。

03 Phrasal Verbs & Prepositional Phrases

回看上方完整例句，观察搭配中的介词、句法位置和使用边界；随后换成自己的真实情境。

get stuck in traffic • 堵在路上

不是自己被困在车里。

miss a connection • 错过换乘

可指火车或航班接驳。

get around • 在城里出行

不必表示环绕某物。

hold up • 耽搁

与论点“站得住脚”的 hold up 不同。

04 Familiar Words, New Meanings

line • 公交或铁路线路

There's a problem on the line, so trains are delayed.

不只是队伍或直线。

fare • 车费

The fare is lower if you book in advance.

不是 fair 公平。

05 Sentence Patterns

It depends on ...

It depends on how reliable the train service is that day. 这取决于当天火车服务是否可靠。

跨话题迁移：It depends on how much time we have before the trip.

If I understand you correctly, ...

If I understand you correctly, the last bus leaves at ten. 如果我没理解错，末班公交车十点发车。

跨话题迁移：If I understand you correctly, the deadline has moved to Friday.

At this point, ...

At this point, walking may be quicker than waiting for another bus. 眼下步行可能比再等一辆公交车更快。

跨话题迁移：At this point, I'm mainly looking for feedback on the research question.

For the time being, ...

For the time being, I'll take the earlier train to avoid delays. 目前我会坐早一班火车，以免误点。

跨话题迁移：For the time being, I'm staying with a friend while I look for a flat.

06 Say It More Naturally

Traffic is bad. → I got stuck in traffic near the stadium, so I'll be ten minutes late.

给出位置和预计影响。

I didn't catch train. → I missed my connection because the first train was delayed.

明确是错过换乘，不是没赶上任意车。

It is near. → It's a short ride away, but it isn't really walkable.

区分坐车近与步行近。

07 Conversation Questions

1. How do you normally get around your city?
2. What part of your commute is least predictable?
3. Have you ever missed a connection while travelling?
4. How would you let someone know you were running late?
5. What would make transport in your area more convenient?

08 Active Recall & Substitution

无提示回忆

只看中文线索“堵在路上”，说一句与你自己的经历有关的完整英文句子。

内容替换

把“get stuck in traffic”换到另一个真实场景中；检查原有语气和含义是否仍成立。

互动回应

让搭档追问“Have you ever missed a connection while travelling?”，不看本章材料即兴回答，并至少用一次本章表达。

09 Speaking Challenge

用 1–3 分钟回答“How do you normally get around your city?”。先给直接回应，再讲真实细节，最后说明感受或判断。录音后合上材料重说一次。

10 Review Checklist

优先掌握：get stuck in traffic · miss a connection · be a short ride away

□ 能区分至少两种相近表达的语气和场景

□ 两天后无提示回忆三条优先表达

□ 一周后把其中一条迁移到另一个话题

18 城市生活 | City Life

01 Topic Introduction

谈城市生活时，练习把便利、价格、噪音和公共空间联系到自己的生活选择。不要只说“大城市好”或“不好”。

02 Core Natural Expressions

01 have everything close by • 周边一应俱全

I like having everything close by, from shops to the library.

场景：谈便利性 · 不表示所有地方都可步行到。

02 be a bit of a hassle • 有点麻烦

Finding a quiet place to work can be a bit of a hassle.

场景：谈城市不便 · 非正式、语气较轻。

03 find a quiet spot • 找个安静的地方

I usually find a quiet spot in the library when I need to focus.

场景：谈学习环境 · spot 指具体地点，口语常见。

04 get around without a car • 不开车也能出行

I can get around without a car because public transport is reliable.

场景：谈交通条件 · 说明为什么可行更有价值。

05 within easy reach • 很容易到达

The park is within easy reach of the city centre.

场景：谈位置 · 比 nearby 更强调可达性。

06 in the middle of the city • 在市中心一带

I like the energy of being in the middle of the city.

场景：谈地理位置 · 不一定是严格地理中心。

07 put up with noise • 忍受噪音

I'm happy to put up with some noise for a shorter commute.

场景：谈取舍 · 显示接受某个缺点以换取好处。

08 feel crowded • 让人觉得拥挤

The city centre can feel crowded at weekends.

场景：谈主观体验 · 与人口密度统计不同。

03 Phrasal Verbs & Prepositional Phrases

回看上方完整例句，观察搭配中的介词、句法位置和使用边界；随后换成自己的真实情境。

be a bit of a hassle • 有点麻烦

非正式、语气较轻。

get around without a car • 不开车也能出行

说明为什么可行更有价值。

within easy reach • 很容易到达

比 nearby 更强调可达性。

put up with noise • 忍受噪音

显示接受某个缺点以换取好处。

04 Familiar Words, New Meanings

energy • 城市活力

I like the energy of the neighbourhood in the evening.

不是物理能量。

scene • 某地的活动氛围

The city has a lively arts scene.

不是“场景”字面画面。

05 Sentence Patterns

The way I see it, ...

The way I see it, a good city needs places where people can simply spend time. 在我看来，一座好城市需要让人可以自在停留的地方。

跨话题迁移：The way I see it, the team needs more balance in midfield.

I have mixed feelings about ...

I have mixed feelings about living right in the city centre. 对住在市中心，我有些矛盾。

跨话题迁移：I have mixed feelings about the transfer: he is talented, but the fee is high.

On the one hand ..., but on the other ...

On the one hand, everything is close; on the other, it can be noisy. 一方面，什么都离得近；另一方面，也可能很吵。

跨话题迁移：On the one hand, the model is easy to explain, but on the other, it misses some nuance.

I would rather ... than ...

I would rather have a small flat near a park than a larger one far away. 我宁愿住在公园附近的小公寓，也不想住在很远的大公寓。

跨话题迁移：I would rather take the train than drive in the city.

06 Say It More Naturally

The city is convenient. → I can get around without a car, and most things are close by.

解释便利在哪里。

The city is noisy. → I'm willing to put up with some noise for an easier commute.

表达取舍；若噪音难以忍受，直接说明更合适。

I like this place. → I like the energy of the neighbourhood, especially in the evening.

用具体氛围替代空泛评价。

07 Conversation Questions

1. What do you like most about living in a city?
2. Which everyday inconvenience would you find hardest to put up with?
3. Can you get around easily without a car?
4. Would you trade a shorter commute for a quieter area?
5. What would make your city more liveable?

08 Active Recall & Substitution

无提示回忆

只看中文线索“周边一应俱全”，说一句与你自己的经历有关的完整英文句子。

内容替换

把“be a bit of a hassle”换到另一个真实场景中；检查原有语气和含义是否仍成立。

互动回应

让搭档追问“Can you get around easily without a car?”，不看本章材料即兴回答，并至少用一次本章表达。

09 Speaking Challenge

用 1–3 分钟回答“What do you like most about living in a city?”。先给直接回应，再讲真实细节，最后说明感受或判断。录音后合上材料重说一次。

10 Review Checklist

优先掌握：have everything close by · be a bit of a hassle · find a quiet spot

- □ 能区分至少两种相近表达的语气和场景
- □ 两天后无提示回忆三条优先表达
- □ 一周后把其中一条迁移到另一个话题

19 兴趣与爱好 | Hobbies

01 Topic Introduction

谈兴趣要能说自己怎么开始、如何跨过最初困难，以及为什么愿意持续。不要把业余爱好说成必须有成绩的项目。

02 Core Natural Expressions

01 take up a hobby • 开始培养爱好

I took up photography when I moved to a new city.

场景：谈兴趣起点 · 通常指开始持续做，而非尝试一次。

02 get the hang of it • 逐渐掌握窍门

It took a few weeks to get the hang of the camera settings.

场景：谈学习过程 · 非正式，指基本会做，不是专家。

03 stick with it • 坚持下去

I wasn't good at first, but I stuck with it.

场景：谈持续性 · 不等于永远不改变方法。

04 do it for the fun of it • 纯粹因为喜欢而做

I play five-a-side football for the fun of it.

场景：谈动机 · 强调不以成绩或报酬为主要目的。

05 in my spare time • 空闲时间里

I read about football tactics in my spare time.

场景：谈安排 · 常放句尾或句首。

06 on and off • 断断续续

I've played guitar on and off for years.

场景：谈频率变化 · 不应误说成每天规律做。

07 pick up a skill • 渐渐学会一项技能

I picked up some basic editing skills by making short videos.

场景：谈非正式学习 · 常在做中学。

08 lose interest in • 逐渐失去兴趣

I lost interest in the game when it became too repetitive.

场景：谈变化 · 与暂时没时间不同。

03 Phrasal Verbs & Prepositional Phrases

回看上方完整例句，观察搭配中的介词、句法位置和使用边界；随后换成自己的真实情境。

take up a hobby • 开始培养爱好

通常指开始持续做，而非尝试一次。

get the hang of it • 逐渐掌握窍门

非正式，指基本会做，不是专家。

stick with it • 坚持下去

不等于永远不改变方法。

on and off • 断断续续

不应误说成每天规律做。

04 Familiar Words, New Meanings

into • 对某事感兴趣

I'm really into sports documentaries at the moment.

非正式表达偏好，不是“进入”。

practice • 反复练习；实践

I enjoy the practice as much as the result.

不只指单次练习题。

05 Sentence Patterns

I used to think ..., but I've come to realize ...

I used to think hobbies had to be productive, but I've come to realize they can simply be fun. 我以前认为爱好必须有产出，后来才明白它也可以只是好玩。

跨话题迁移：I used to think the metric told the whole story, but I've come to realize it misses context.

I ended up ...

I ended up trying photography because a friend invited me along. 最后我在朋友邀请下尝试了摄影。

跨话题迁移：We ended up walking back because the buses had stopped.

It took me a while to ...

It took me a while to feel comfortable sharing my photos. 我花了一段时间才愿意分享自己的照片。

跨话题迁移：It took me a while to settle into the new city.

The more ..., the more ...

The more I practise, the more details I notice. 我练得越多，注意到的细节就越多。

跨话题迁移：The more I read about the topic, the more questions I have.

06 Say It More Naturally

I have a hobby. → I've recently taken up photography, and I'm still getting the hang of it.

说明起点与阶段；普通介绍时简单句也可。

I am not good. → I'm still getting the hang of it, but I enjoy the process.

语气更具体，不把当前阶段等同永久能力。

I do it sometimes. → I've been doing it on and off for a few years.

说明断续的时间跨度。

07 Conversation Questions

1. What do you enjoy doing when you have time to yourself?
2. How did you first get into that hobby?
3. What was difficult when you started?
4. Do you prefer hobbies you can do alone or with others?
5. Would you keep doing it if you never became especially good at it?

08 Active Recall & Substitution

无提示回忆

只看中文线索“开始培养爱好”，说一句与你自己的经历有关的完整英文句子。

内容替换

把“take up a hobby”换到另一个真实场景中；检查原有语气和含义是否仍成立。

互动回应

让搭档追问“What was difficult when you started?”，不看本章材料即兴回答，并至少用一次本章表达。

09 Speaking Challenge

用 1–3 分钟回答“What do you enjoy doing when you have time to yourself?”。先给直接回应，再讲真实细节，最后说明感受或判断。录音后合上材料重说一次。

10 Review Checklist

优先掌握：take up a hobby · get the hang of it · stick with it

□ 能区分至少两种相近表达的语气和场景

□ 两天后无提示回忆三条优先表达

□ 一周后把其中一条迁移到另一个话题

20 未来计划 | Plans for the Future

01 Topic Introduction

谈未来计划时，重点是明确哪些已经决定、哪些只是可能，以及自己为什么留有弹性。避免把模糊的希望说成确定承诺。

02 Core Natural Expressions

01 keep my options open • 保留选择

I'm keeping my options open until I hear back from the university.

场景：谈尚未定案的选择 · 不是完全没有倾向。

02 take it one step at a time • 一步一步来

The project is complex, so I'm taking it one step at a time.

场景：谈长期目标 · 偏口语，强调降低压力。

03 have something in mind • 心里已有想法

I have a few possible topics in mind, but I haven't chosen one yet.

场景：谈初步计划 · 比 have a plan 更不确定。

04 see how things go • 看看进展再说

I'll try the new routine for a month and see how things go.

场景：谈试行计划 · 不是逃避所有决定。

05 in the long run • 从长远看

In the long run, I'd like to work at the intersection of sport and data.

场景：谈长期方向 · 通常区别于近期计划。

06 for the time being • 目前暂时

For the time being, I'm focusing on building my research skills.

场景：谈阶段性重点 · 暗示之后可能调整。

07 be open to • 愿意考虑

I'd be open to living in another country for the right opportunity.

场景：谈可能选择 · 表示开放，不是承诺。

08 follow through on • 把计划落实

I want to follow through on the study plan instead of changing it every week.

场景：谈执行 · 后接计划或承诺。

03 Phrasal Verbs & Prepositional Phrases

回看上方完整例句，观察搭配中的介词、句法位置和使用边界；随后换成自己的真实情境。

keep my options open • 保留选择

不是完全没有倾向。

see how things go • 看看进展再说

不是逃避所有决定。

for the time being • 目前暂时

暗示之后可能调整。

follow through on • 把计划落实

后接计划或承诺。

04 Familiar Words, New Meanings

direction • 发展方向

I'm still figuring out which direction to take my research.

不是只指地理方向。

settle • 最终确定

We haven't settled on a date yet.

settle on 表示作出决定。

05 Sentence Patterns

What it comes down to is ...

What it comes down to is how much time I can realistically commit. 关键在于我实际上能投入多少时间。

跨话题迁移：What it comes down to is how much time we can commit.

I would rather ... than ...

I would rather make a modest plan than promise too much. 我宁愿制定一个务实的小计划，也不想承诺过多。

跨话题迁移：I would rather take the train than drive in the city.

I'm leaning towards ...

I'm leaning towards applying for a research programme abroad. 我现在更倾向于申请海外研究项目。

跨话题迁移：I'm leaning towards staying in this weekend.

At this point, ...

At this point, I want to keep a few options open. 现阶段我想保留几个选择。

跨话题迁移：At this point, I'm mainly looking for feedback on the research question.

06 Say It More Naturally

I don't know. → I have a few options in mind, but I haven't settled on one yet.

说明仍在比较；完全没想法时 I don't know 更诚实。

I will maybe move. → I'd be open to moving if the right opportunity came up.

准确表达条件和开放程度。

I have many plans. → I'm focusing on one step for the time being and keeping the longer-term options open.

区分当前重点与长期可能。

07 Conversation Questions

1. What are you working towards at the moment?
2. Which part of your plan is already decided?
3. What options would you like to keep open?
4. How do you respond when a long-term plan changes?
5. What would you like your work or life to look like in a few years?

08 Active Recall & Substitution

无提示回忆

只看中文线索“保留选择”，说一句与你自己的经历有关的完整英文句子。

内容替换

把“keep my options open”换到另一个真实场景中；检查原有语气和含义是否仍成立。

互动回应

让搭档追问“What options would you like to keep open?”，不看本章材料即兴回答，并至少用一次本章表达。

09 Speaking Challenge

用 1–3 分钟回答“What are you working towards at the moment?”。先给直接回应，再讲真实细节，最后说明感受或判断。录音后合上材料重说一次。

10 Review Checklist

优先掌握：keep my options open · take it one step at a time · have something in mind

- □ 能区分至少两种相近表达的语气和场景
- □ 两天后无提示回忆三条优先表达
- □ 一周后把其中一条迁移到另一个话题

21 一次难忘的旅行 | A Memorable Trip

01 Topic Introduction

讲旅行经历时，选择一条清楚的故事线：期待、转折、最难忘的细节与事后感受。词块服务于真实事件，不必每句都像旅游广告。

02 Core Natural Expressions

01 set off early • 一早出发

We set off early so we could reach the coast before the crowds.

场景：交代故事开端 · 强调启程，不是单纯起床早。

02 miss a connecting flight • 错过转机航班

We missed our connecting flight after the first plane was delayed.

场景：讲旅行挫折 · connecting 指转机接驳。

03 stumble upon a little café • 偶然发现一家小咖啡馆

We stumbled upon a little café while walking through the old town.

场景：讲意外收获 · 比 find 更强调偶然。

04 make the most of the trip • 尽情利用这趟旅行

Despite the rain, we made the most of the trip.

场景：讲应对变化 · 不是把每分钟排满。

05 off the beaten track • 远离常规游客路线

We spent an afternoon exploring places off the beaten track.

场景：谈探索 · 较常见的旅行习语，不必强行使用。

06 on our way back • 在返回途中

On our way back, we stopped at a small beach.

场景：组织故事时间 · 可用于返程途中发生的事。

07 take in the view • 欣赏风景

We sat at the top of the hill and took in the view.

场景：描写印象 · take in 强调停下来欣赏。

08 turn out better than expected • 结果比预期好

The unplanned day turned out better than expected.

场景：总结转折 · turned out 强调后来发现的结果。

03 Phrasal Verbs & Prepositional Phrases

回看上方完整例句，观察搭配中的介词、句法位置和使用边界；随后换成自己的真实情境。

set off early • 一早出发

强调启程，不是单纯起床早。

stumble upon a little café • 偶然发现一家小咖啡馆

比 find 更强调偶然。

on our way back • 在返回途中

可用于返程途中发生的事。

take in the view • 欣赏风景

take in 强调停下来欣赏。

04 Familiar Words, New Meanings

highlight • 最精彩的部分

The walk through the old town was the highlight of the trip.

不是荧光笔。

miss • 怀念

I still miss the little café we found there.

不是“错过”这一义。

05 Sentence Patterns

I ended up ...

We ended up walking around the old town without a plan. 最后我们没做计划，就在老城区四处走走。

跨话题迁移：We ended up walking back because the buses had stopped.

It turned out that ...

It turned out that the small café was the best part of the trip. 结果那家小咖啡馆成了旅途中最棒的一部分。

跨话题迁移：It turned out that the delay was caused by a technical problem.

Looking back, ...

Looking back, missing the bus led us to a better place. 回头看，错过公交反而让我们去了更好的地方。

跨话题迁移：Looking back, the unplanned part of the trip was the most fun.

What stood out to me was ...

What stood out to me was how welcoming the locals were. 让我印象最深的是当地人非常热情。

跨话题迁移：What stood out to me was how welcoming the people were.

06 Say It More Naturally

The trip was good. → The unplanned day turned out to be the highlight of the trip.

给出具体转折；闲聊开头说 good 没问题。

We found a café. → We stumbled upon a little café while looking for the station.

后者强调偶然；如果专门找咖啡馆就用 found。

We saw views. → We stopped at the top and took in the view for a while.

描述动作与停留感。

07 Conversation Questions

1. What trip still stands out in your memory?
2. What did you expect before you went?
3. Did anything go wrong or surprise you?
4. Which small moment do you remember most clearly?
5. Would you plan the trip differently if you went again?

08 Active Recall & Substitution

无提示回忆

只看中文线索“一早出发”，说一句与你自己的经历有关的完整英文句子。

内容替换

把“set off early”换到另一个真实场景中；检查原有语气和含义是否仍成立。

互动回应

让搭档追问“Did anything go wrong or surprise you?”，不看本章材料即兴回答，并至少用一次本章表达。

09 Speaking Challenge

用 1–3 分钟回答“What trip still stands out in your memory?”。先给直接回应，再讲真实细节，最后说明感受或判断。录音后合上材料重说一次。

10 Review Checklist

优先掌握：set off early · miss a connecting flight · stumble upon a little café

□ 能区分至少两种相近表达的语气和场景

□ 两天后无提示回忆三条优先表达

□ 一周后把其中一条迁移到另一个话题

22 一次意外的经历 | An Unexpected Experience

01 Topic Introduction

讲意外经历时，先交代正常预期，再描述转折和应对。不要为了戏剧性夸大事实；小事也能成为自然故事。

02 Core Natural Expressions

01 come out of nowhere • 突然发生

The power cut came out of nowhere in the middle of dinner.

场景：引出意外 · 强调毫无预兆。

02 catch me off guard • 让我措手不及

The question caught me off guard because I hadn't expected it.

场景：谈现场反应 · 不等于事情严重。

03 figure out what to do • 想出应对办法

It took us a few minutes to figure out what to do next.

场景：讲处理过程 · figure out 强调思考后弄清。

04 look back on it • 回头看这件事

Looking back on it, the situation was stressful but also funny.

场景：事后评价 · 不等于当时就觉得好笑。

05 on the spot • 当场；毫无准备地

I had to make a decision on the spot when the train was cancelled.

场景：谈临场决定 · 常放句末；强调没时间准备。

06 in the middle of • 正在做某事时

We were in the middle of a meeting when the alarm went off.

场景：交代被打断的背景 · 后接名词或 -ing。

07 work something out • 想出解决方案

We worked out a different route after the road closed.

场景：讲解决办法 · 可分离：worked it out。

08 end up doing something • 结果做了某事

We ended up staying another night because there were no trains.

场景：讲意外结果 · end up 后接 -ing。

03 Phrasal Verbs & Prepositional Phrases

回看上方完整例句，观察搭配中的介词、句法位置和使用边界；随后换成自己的真实情境。

come out of nowhere • 突然发生

强调毫无预兆。

figure out what to do • 想出应对办法

figure out 强调思考后弄清。

on the spot • 当场；毫无准备地

常放句末；强调没时间准备。

end up doing something • 结果做了某事

end up 后接 -ing。

04 Familiar Words, New Meanings

off • 不对劲

Something felt off before we realised the booking had changed.

描述直觉，不是事实证明。

turn • 事情发展的转折

The evening took an unexpected turn.

不是身体转身。

05 Sentence Patterns

I may be wrong, but ...

I may be wrong, but I think that delay actually helped us. 也许我想错了，但我觉得那次延误反倒帮了我们。

跨话题迁移：I may be wrong, but I think the museum closes at six.

I ended up ...

We ended up spending the night in a town we'd never heard of. 最后我们在一个从没听过的小镇过了夜。

跨话题迁移：We ended up walking back because the buses had stopped.

It turned out that ...

It turned out that the event had been moved to another venue. 结果活动已经换了场地。

跨话题迁移：It turned out that the delay was caused by a technical problem.

Looking back, ...

Looking back, I handled the surprise better than I expected. 回头看，我应对意外的表现比自己预想的好。

跨话题迁移：Looking back, the unplanned part of the trip was the most fun.

06 Say It More Naturally

It was surprising. → The change caught me off guard because no one had warned us.

具体解释意外来源。

We solved it. → We worked out another route and got there before dark.

交代解决方式和结果。

We stayed longer. → We ended up staying another night after the train was cancelled.

表达非原计划的结果。

07 Conversation Questions

1. Can you remember a time when a plan changed unexpectedly?
2. What was happening just before things changed?
3. How did you react in the moment?
4. What did you do to work things out?
5. How do you feel about the experience now?

08 Active Recall & Substitution

无提示回忆

只看中文线索“突然发生”，说一句与你自己的经历有关的完整英文句子。

内容替换

把“come out of nowhere”换到另一个真实场景中；检查原有语气和含义是否仍成立。

互动回应

让搭档追问“How did you react in the moment?”，不看本章材料即兴回答，并至少用一次本章表达。

09 Speaking Challenge

用 1–3 分钟回答“Can you remember a time when a plan changed unexpectedly?”。先给直接回应，再讲真实细节，最后说明感受或判断。录音后合上材料重说一次。

10 Review Checklist

优先掌握：come out of nowhere · catch me off guard · figure out what to do

- □ 能区分至少两种相近表达的语气和场景
- □ 两天后无提示回忆三条优先表达
- □ 一周后把其中一条迁移到另一个话题

23 学会一项新技能 | Learning a New Skill

01 Topic Introduction

学新技能的故事要讲清起点、练习方法、瓶颈和一次具体突破。不要只用“很难但我努力了”概括整个过程。

02 Core Natural Expressions

01 start from scratch • 从零开始

I started learning video editing from scratch last year.

场景：谈学习起点 · 表示几乎没有基础。

02 get the basics down • 掌握基础

Once I got the basics down, the software felt less intimidating.

场景：谈早期进展 · down 是熟练掌握的口语用法。

03 hit a plateau • 遇到进步瓶颈

I hit a plateau after the first few months of practice.

场景：谈停滞 · 不等于完全退步。

04 make steady progress • 稳步进步

I made steady progress by practising a little every day.

场景：谈长期变化 · steady 比 dramatic 更平实。

05 on a regular basis • 定期地

I practised on a regular basis rather than cramming at weekends.

场景：谈练习频率 · 聊天也可说 regularly。

06 pick up a technique • 在实践中学会技巧

I picked up a few useful techniques by watching others work.

场景：谈非正式学习 · 不一定经过正式课程。

07 get stuck on something • 卡在某个点

I kept getting stuck on the same step until someone showed me another way.

场景：谈具体难点 · on 后接问题或步骤。

08 build on what I know • 在现有基础上继续

Once I understood the basics, I could build on what I knew.

场景：谈继续提升 · 强调利用已有知识。

03 Phrasal Verbs & Prepositional Phrases

回看上方完整例句，观察搭配中的介词、句法位置和使用边界；随后换成自己的真实情境。

start from scratch • 从零开始

表示几乎没有基础。

get the basics down • 掌握基础

down 是熟练掌握的口语用法。

pick up a technique • 在实践中学会技巧

不一定经过正式课程。

get stuck on something • 卡在某个点

on 后接问题或步骤。

04 Familiar Words, New Meanings

click • 突然理解

The explanation finally clicked when I saw an example.

不是鼠标点击。

grasp • 理解并掌握

It took me a while to grasp the basic idea.

在口语中也可自然表示理解。

05 Sentence Patterns

I used to think ..., but I've come to realize ...

I used to think I needed talent, but I've come to realize practice matters more. 我以前以为需要天赋，后来才明白练习更重要。

跨话题迁移：I used to think the metric told the whole story, but I've come to realize it misses context.

It took me a while to ...

It took me a while to feel comfortable speaking without notes. 我花了一段时间才习惯不看笔记说话。

跨话题迁移：It took me a while to settle into the new city.

The more ..., the more ...

The more I practised with others, the more confident I became. 和别人练得越多，我就越有信心。

跨话题迁移：The more I read about the topic, the more questions I have.

In the long run, ...

In the long run, short regular sessions worked better for me. 从长远看，短而规律的练习对我更有效。

跨话题迁移：In the long run, investing in young players may pay off.

06 Say It More Naturally

I learned quickly. → Once I got the basics down, I started making steady progress.

说明进步发生的条件。

I couldn't learn. → I got stuck on one step and needed a different explanation.

把笼统自责改为具体卡点。

I understand now. → It finally clicked when I tried it myself.

强调理解发生的时刻。

07 Conversation Questions

1. What skill have you tried to learn as an adult?
2. What was hardest when you started from scratch?
3. What helped you get the basics down?
4. Did you ever hit a plateau?
5. How would you teach the same skill to someone new?

08 Active Recall & Substitution

无提示回忆

只看中文线索“从零开始”，说一句与你自己的经历有关的完整英文句子。

内容替换

把“start from scratch”换到另一个真实场景中；检查原有语气和含义是否仍成立。

互动回应

让搭档追问“What helped you get the basics down?”，不看本章材料即兴回答，并至少用一次本章表达。

09 Speaking Challenge

用 1–3 分钟回答“What skill have you tried to learn as an adult?”。先给直接回应，再讲真实细节，最后说明感受或判断。录音后合上材料重说一次。

10 Review Checklist

优先掌握：start from scratch · get the basics down · hit a plateau

□ 能区分至少两种相近表达的语气和场景

□ 两天后无提示回忆三条优先表达

□ 一周后把其中一条迁移到另一个话题

24 一次艰难的决定 | A Difficult Decision

01 Topic Introduction

讲艰难决定时，表现权衡过程比宣布结果更有内容。用自然语言说明约束、不确定性和最终依据。

02 Core Natural Expressions

01 weigh up the options • 权衡各选项

I spent a week weighing up the options before accepting the offer.

场景：讲决策过程 · 英式常见；美式也说 weigh the options。

02 have mixed feelings • 心情复杂

I had mixed feelings about leaving because I liked the people there.

场景：表达两面态度 · 说出积极与消极两面。

03 sleep on it • 过一晚再决定

I told them I'd sleep on it and get back to them tomorrow.

场景：谈暂缓决定 · 通常指至少经过一晚思考。

04 go with my gut • 凭直觉决定

After checking the facts, I went with my gut.

场景：谈最后选择 · 不能替代必要的信息核实。

05 on the fence • 仍在犹豫

I'm still on the fence about moving next year.

场景：谈未定状态 · 通常说明两个方向都在考虑。

06 in the end • 最终

In the end, I chose the option that gave me more time to learn.

场景：总结选择 · 常放句首，不等于“故事结束”。

07 rule something out • 排除某选项

I ruled out the third option because the costs were too high.

场景：缩小选择范围 · 常带明确理由。

08 live with a decision • 接受决定的后果

I knew I could live with either outcome, which made the choice easier.

场景：谈决策后果 · 不是单纯同住。

03 Phrasal Verbs & Prepositional Phrases

回看上方完整例句，观察搭配中的介词、句法位置和使用边界；随后换成自己的真实情境。

weigh up the options • 权衡各选项

英式常见；美式也说 weigh the options。

sleep on it • 过一晚再决定

通常指至少经过一晚思考。

on the fence • 仍在犹豫

通常说明两个方向都在考虑。

rule something out • 排除某选项

常带明确理由。

04 Familiar Words, New Meanings

call • 判断或决定

It was a close call, but I chose the second option.

不是电话。

trade-off • 取舍

The main trade-off was between flexibility and security.

常用于两种益处不能兼得。

05 Sentence Patterns

It depends on ...

It depends on whether the new role gives me room to learn. 这取决于新岗位是否给我成长空间。

跨话题迁移：It depends on how much time we have before the trip.

I have mixed feelings about ...

I have mixed feelings about leaving a team I know well. 想到要离开熟悉的团队，我心情复杂。

跨话题迁移：I have mixed feelings about the transfer: he is talented, but the fee is high.

I'm leaning towards ...

I'm leaning towards taking the offer, but I need another day to think. 我倾向于接受这个机会，但还需要一天考虑。

跨话题迁移：I'm leaning towards staying in this weekend.

I haven't made up my mind yet.

I haven't made up my mind yet about moving abroad. 对是否出国，我还没做决定。

跨话题迁移：I haven't made up my mind yet about where to live.

06 Say It More Naturally

It was difficult. → I had mixed feelings because each option involved a real trade-off.

具体说明难点。

I will decide tomorrow. → I'd like to sleep on it and give you an answer tomorrow.

适合可以延期决定的场景；紧急情况不要用。

I chose by feeling. → After weighing up the options, I went with my gut.

强调直觉是在了解信息之后。

07 Conversation Questions

1. What was a decision you found hard to make?
2. Which options were you weighing up?
3. What trade-off mattered most to you?
4. Did you ask anyone for advice or sleep on it?
5. Looking back, would you make the same decision?

08 Active Recall & Substitution

无提示回忆

只看中文线索“权衡各选项”，说一句与你自己的经历有关的完整英文句子。

内容替换

把“weigh up the options”换到另一个真实场景中；检查原有语气和含义是否仍成立。

互动回应

让搭档追问“What trade-off mattered most to you?”，不看本章材料即兴回答，并至少用一次本章表达。

09 Speaking Challenge

用 1–3 分钟回答“What was a decision you found hard to make?”。先给直接回应，再讲真实细节，最后说明感受或判断。录音后合上材料重说一次。

10 Review Checklist

优先掌握：weigh up the options · have mixed feelings · sleep on it

- □ 能区分至少两种相近表达的语气和场景
- □ 两天后无提示回忆三条优先表达
- □ 一周后把其中一条迁移到另一个话题

25 克服困难 | Overcoming a Challenge

01 Topic Introduction

讲克服困难时，不必把故事包装成英雄叙事。描述一次真实挫折、具体调整和仍然存在的限制更可信。

02 Core Natural Expressions

01 run into a setback • 遭遇挫折

We ran into a setback when the data didn't match across seasons.

场景：交代问题 · setback 是进程受阻，不一定失败。

02 keep at it • 继续努力

I didn't improve straight away, but I kept at it.

场景：谈坚持 · 非正式，it 指前述活动。

03 work through a problem • 逐步解决问题

We worked through the problem by checking each step again.

场景：讲解决方法 · 强调过程而非瞬间解决。

04 come out stronger • 经历后变得更强

The experience was difficult, but the team came out stronger.

场景：总结成长 · 容易显得口号化，需有证据。

05 under pressure • 在压力下

I find it harder to think clearly under pressure.

场景：解释表现变化 · 常放句末。

06 one step at a time • 一步一步地

We tackled the issue one step at a time instead of trying everything at once.

场景：谈策略 · 强调分解问题。

07 get past an obstacle • 跨过障碍

I got past the first obstacle by asking for feedback.

场景：讲具体突破 · 比“克服一切”更准确。

08 not give up on • 没有放弃

I didn't give up on the project, but I changed the method.

场景：谈调整 · 坚持目标不等于方法不变。

03 Phrasal Verbs & Prepositional Phrases

回看上方完整例句，观察搭配中的介词、句法位置和使用边界；随后换成自己的真实情境。

run into a setback • 遭遇挫折

setback 是进程受阻，不一定失败。

keep at it • 继续努力

非正式，it 指前述活动。

work through a problem • 逐步解决问题

强调过程而非瞬间解决。

get past an obstacle • 跨过障碍

比“克服一切”更准确。

04 Familiar Words, New Meanings

rough • 困难、不顺利

I had a rough few weeks while settling in.

不是只有表面粗糙。

break • 突破或机会

Getting feedback was the break I needed.

不是物件断裂。

05 Sentence Patterns

What it comes down to is ...

What it comes down to is asking for help before the problem grows. 关键在于问题扩大前就寻求帮助。

跨话题迁移：What it comes down to is how much time we can commit.

It took me a while to ...

It took me a while to admit that I couldn't manage it alone. 我花了一段时间才承认自己无法独自应付。

跨话题迁移：It took me a while to settle into the new city.

The more ..., the more ...

The more I broke the task down, the less overwhelming it felt. 我越把任务拆小，就越觉得没那么难应付。

跨话题迁移：The more I read about the topic, the more questions I have.

We need to account for ...

We need to account for the time it took to recover. 我们也要考虑恢复所需的时间。

跨话题迁移：We need to account for travel time when planning the day.

06 Say It More Naturally

I failed. → I ran into a setback and had to rethink my approach.

准确描述可调整的挫折；真的失败也无需回避。

I tried hard. → I worked through the problem one step at a time.

说明实际方法。

I became strong. → The experience made me more confident about asking for help early.

给出可观察的成长，避免空泛口号。

07 Conversation Questions

1. What challenge took longer than you expected?
2. What was the first setback?
3. What did you try when your initial approach didn't work?
4. Who or what helped you move forward?
5. What did the experience change about how you handle difficulties?

08 Active Recall & Substitution

无提示回忆

只看中文线索“遭遇挫折”，说一句与你自己的经历有关的完整英文句子。

内容替换

把“run into a setback”换到另一个真实场景中；检查原有语气和含义是否仍成立。

互动回应

让搭档追问“What did you try when your initial approach didn't work?”，不看本章材料即兴回答，并至少用一次本章表达。

09 Speaking Challenge

用 1–3 分钟回答“What challenge took longer than you expected?”。先给直接回应，再讲真实细节，最后说明感受或判断。录音后合上材料重说一次。

10 Review Checklist

优先掌握：run into a setback · keep at it · work through a problem

□ 能区分至少两种相近表达的语气和场景

□ 两天后无提示回忆三条优先表达

□ 一周后把其中一条迁移到另一个话题

26 一次成功的合作 | Working with Others

01 Topic Introduction

合作经历适合讲目标如何对齐、任务如何分配及意见不同如何处理。不要只把“我们合作得好”当作完整答案。

02 Core Natural Expressions

01 get on the same page • 达成共同理解

We had a short meeting to get on the same page about the question.

场景：谈团队起步 · 不要求每个细节完全同意。

02 divide up the work • 分配工作

We divided up the work according to what each person knew best.

场景：谈分工 · divide up 常可分离。

03 follow through on a plan • 把计划落实

We followed through on the plan even when the timeline changed.

场景：谈执行 · 强调决定之后的行动。

04 give credit where it's due • 肯定应得的贡献

She did most of the data cleaning, and I want to give credit where it's due.

场景：谈他人贡献 · 常见习语，语气积极。

05 in charge of • 负责

I was in charge of checking the final figures.

场景：说明职责 · 不是“收费”。

06 work through a disagreement • 逐步处理分歧

We worked through a disagreement about which method to use.

场景：谈团队磨合 · 表示沟通与解决过程。

07 pull together • 齐心协力

The team pulled together when the deadline got close.

场景：谈关键阶段 · 口语化，强调共同努力。

08 keep someone in the loop • 让某人了解进展

We kept our supervisor in the loop as the analysis changed.

场景：谈进度沟通 · 不等于每个小细节都汇报。

03 Phrasal Verbs & Prepositional Phrases

回看上方完整例句，观察搭配中的介词、句法位置和使用边界；随后换成自己的真实情境。

get on the same page • 达成共同理解

不要求每个细节完全同意。

divide up the work • 分配工作

divide up 常可分离。

follow through on a plan • 把计划落实

强调决定之后的行动。

keep someone in the loop • 让某人了解进展

不等于每个小细节都汇报。

04 Familiar Words, New Meanings

lead • 牵头；带领

I led the discussion but didn't make the decision alone.

不是只有“领先”。

input • 意见与贡献

Her input helped us avoid a major mistake.

不是计算机输入。

05 Sentence Patterns

If I understand you correctly, ...

If I understand you correctly, you want me to revise the first section. 如果我没理解错，你希望我修改第一部分。

跨话题迁移：If I understand you correctly, the deadline has moved to Friday.

The thing is, ...

The thing is, we haven't agreed on who will check the final draft. 问题是，我们还没商量由谁检查终稿。

跨话题迁移：The thing is, we haven't tested the model on another league yet.

That makes sense, especially if ...

That makes sense, especially if the deadline has moved forward. 这很合理，尤其是截止日期提前了。

跨话题迁移：That makes sense, especially if tickets are expensive that weekend.

We need to account for ...

We need to account for everyone's availability before scheduling a meeting. 安排会议前，我们要考虑每个人的时间。

跨话题迁移：We need to account for travel time when planning the day.

06 Say It More Naturally

We worked well. → We divided up the work clearly and kept each other in the loop.

说明合作机制。

I did my part. → I followed through on what I'd agreed to do.

强调兑现承诺。

She helped. → Her input changed how we approached the problem.

具体说出贡献。

07 Conversation Questions

1. Tell me about a project you completed with other people.
2. How did you divide up the work?
3. What did you do when you disagreed?
4. How did you keep everyone informed?
5. What would you do differently in your next collaboration?

08 Active Recall & Substitution

无提示回忆

只看中文线索“达成共同理解”，说一句与你自己的经历有关的完整英文句子。

内容替换

把“get on the same page”换到另一个真实场景中；检查原有语气和含义是否仍成立。

互动回应

让搭档追问“What did you do when you disagreed?”，不看本章材料即兴回答，并至少用一次本章表达。

09 Speaking Challenge

用 1–3 分钟回答“Tell me about a project you completed with other people.”。先给直接回应，再讲真实细节，最后说明感受或判断。录音后合上材料重说一次。

10 Review Checklist

优先掌握：get on the same page · divide up the work · follow through on a plan

□ 能区分至少两种相近表达的语气和场景

□ 两天后无提示回忆三条优先表达

□ 一周后把其中一条迁移到另一个话题

27 改变一个习惯 | Changing a Habit

01 Topic Introduction

习惯改变的故事适合说触发因素、现实阻碍和小调整。避免宣布一个尚未坚持的新习惯已经彻底改变了你。

02 Core Natural Expressions

01 fall into a habit • 不知不觉养成习惯

I fell into the habit of checking my phone first thing in the morning.

场景：谈旧习惯形成 · 常用于不理想的习惯。

02 break the cycle • 打破循环

I moved my phone away from the bed to break the cycle.

场景：谈改变策略 · 需说明循环是什么。

03 make small changes • 作出小改变

I made small changes rather than trying to change everything overnight.

场景：谈可持续改进 · 不等于改变没有价值。

04 stick to it • 坚持某计划

I stuck to the new routine for a month before judging it.

场景：谈执行 · to 后接计划；it 指前文。

05 on a regular basis • 定期地

I started reading on a regular basis, even if only for ten minutes.

场景：谈频率 · 口语常可用 regularly。

06 slip back into • 又回到旧习惯

I slipped back into my old routine during a busy week.

场景：谈反复 · 并不代表全部进步消失。

07 set aside time • 留出时间

I set aside twenty minutes after dinner to practise speaking.

场景：谈具体计划 · 强调预留。

08 keep track of • 记录并跟踪

I kept track of the days I practised without judging myself too harshly.

场景：谈复盘 · 不是单纯数天数。

03 Phrasal Verbs & Prepositional Phrases

回看上方完整例句，观察搭配中的介词、句法位置和使用边界；随后换成自己的真实情境。

fall into a habit • 不知不觉养成习惯

常用于不理想的习惯。

break the cycle • 打破循环

需说明循环是什么。

stick to it • 坚持某计划

to 后接计划；it 指前文。

slip back into • 又回到旧习惯

并不代表全部进步消失。

04 Familiar Words, New Meanings

trigger • 触发因素

Stress was a trigger for the habit.

可用于行为线索，不只是枪机。

slip • 小失误或回退

One slip doesn't mean the whole plan has failed.

不一定是身体滑倒。

05 Sentence Patterns

I ended up ...

I ended up walking after dinner instead of going straight home. 后来我晚饭后会走走，而不是直接回家。

跨话题迁移：We ended up walking back because the buses had stopped.

It took me a while to ...

It took me a while to stop checking my phone first thing in the morning. 我花了一段时间才改掉早起就看手机的习惯。

跨话题迁移：It took me a while to settle into the new city.

The more ..., the more ...

The more I prepared the night before, the easier mornings became. 前一晚准备得越充分，早晨就越轻松。

跨话题迁移：The more I read about the topic, the more questions I have.

In the long run, ...

In the long run, a small habit I can keep is more useful than a strict plan. 从长远看，能坚持的小习惯比严格计划更有用。

跨话题迁移：In the long run, investing in young players may pay off.

06 Say It More Naturally

I changed. → I've been making small changes and keeping track of what actually helps.

过程尚在进行，比过早宣布成功更准确。

I failed again. → I slipped back into the old habit during a busy week.

把一次反复和长期失败区分开。

I need motivation. → I set aside a specific time so I don't have to rely on motivation.

说明可执行策略。

07 Conversation Questions

1. What habit have you tried to change?
2. How did the old habit become part of your routine?
3. What triggers it most often?
4. What small change has been easiest to keep up?
5. How do you respond when you slip back for a few days?

08 Active Recall & Substitution

无提示回忆

只看中文线索“不知不觉养成习惯”，说一句与你自己的经历有关的完整英文句子。

内容替换

把“fall into a habit”换到另一个真实场景中；检查原有语气和含义是否仍成立。

互动回应

让搭档追问“What triggers it most often?”，不看本章材料即兴回答，并至少用一次本章表达。

09 Speaking Challenge

用 1–3 分钟回答“What habit have you tried to change?”。先给直接回应，再讲真实细节，最后说明感受或判断。录音后合上材料重说一次。

10 Review Checklist

优先掌握：fall into a habit · break the cycle · make small changes

□ 能区分至少两种相近表达的语气和场景

□ 两天后无提示回忆三条优先表达

□ 一周后把其中一条迁移到另一个话题

28 一位影响我的人 | Someone Who Influenced Me

01 Topic Introduction

介绍有影响的人时，用具体行为或一句建议解释影响，而不是泛泛夸人“很优秀”。保护对方隐私，避免编造对话。

02 Core Natural Expressions

01 look up to someone • 敬佩某人

I looked up to a teacher who treated every question seriously.

场景：谈榜样 · 强调尊敬，不一定想完全模仿。

02 take advice on board • 认真采纳建议

I took her advice on board and revised the research question.

场景：谈具体影响 · 英式常见，强调真正考虑或使用。

03 set an example • 树立榜样

He set an example by admitting when he didn't know the answer.

场景：谈行为影响 · 最好给具体行为。

04 have a lasting impact • 产生长远影响

That conversation had a lasting impact on how I approach feedback.

场景：谈后续变化 · 不是短暂感动。

05 over time • 随着时间推移

I appreciated her advice more over time.

场景：谈影响显现 · 常放句尾。

06 open my eyes to • 让我意识到

Working with him opened my eyes to how much context matters in data.

场景：谈认识转变 · 语气较强，确有明显发现时使用。

07 push me to • 促使我去做

She pushed me to explain my ideas more clearly.

场景：谈鼓励或挑战 · 可积极也可带压力，语境决定。

08 stick with me • 一直留在我心里

One thing he said has stuck with me for years.

场景：谈难忘建议 · 常用于记忆或印象。

03 Phrasal Verbs & Prepositional Phrases

回看上方完整例句，观察搭配中的介词、句法位置和使用边界；随后换成自己的真实情境。

look up to someone • 敬佩某人

强调尊敬，不一定想完全模仿。

take advice on board • 认真采纳建议

英式常见，强调真正考虑或使用。

open my eyes to • 让我意识到

语气较强，确有明显发现时使用。

stick with me • 一直留在我心里

常用于记忆或印象。

04 Familiar Words, New Meanings

grounded • 踏实、清醒

She stayed grounded even after achieving a lot.

不只是物理“接地”。

challenge • 促使思考的挑战

He challenged me to explain why I believed the result.

不是一定在争吵。

05 Sentence Patterns

I used to think ..., but I've come to realize ...

I used to think I had to solve everything alone, but I've come to realize I can ask for help. 我以前以为凡事都得独自解决，后来才明白可以求助。

跨话题迁移：I used to think the metric told the whole story, but I've come to realize it misses context.

I hadn't realized ... until ...

I hadn't realized how patient she was until we worked on a project together. 直到我们一起做项目，我才发现她有多耐心。

跨话题迁移：I hadn't realized how different the leagues were until I compared the data.

Looking back, ...

Looking back, her questions helped me think more clearly. 回头看，她的提问帮我把事情想得更清楚。

跨话题迁移：Looking back, the unplanned part of the trip was the most fun.

What stood out to me was ...

What stood out to me was that she listened before giving advice. 让我印象最深的是她先倾听再给建议。

跨话题迁移：What stood out to me was how welcoming the people were.

06 Say It More Naturally

He is good. → I admired how he listened before offering advice.

用可观察行为说明敬佩。

She changed me. → Her advice changed how I ask for feedback.

说明具体改变，避免夸大。

I remember his words. → One thing he said has stuck with me ever since.

表达持续影响。

07 Conversation Questions

1. Who has influenced the way you learn or work?
2. What did this person actually do?
3. Was there a piece of advice you took on board?
4. How did your behaviour change afterwards?
5. Do you think you understood their influence at the time or only later?

08 Active Recall & Substitution

无提示回忆

只看中文线索“敬佩某人”，说一句与你自己的经历有关的完整英文句子。

内容替换

把“look up to someone”换到另一个真实场景中；检查原有语气和含义是否仍成立。

互动回应

让搭档追问“Was there a piece of advice you took on board?”，不看本章材料即兴回答，并至少用一次本章表达。

09 Speaking Challenge

用 1–3 分钟回答“Who has influenced the way you learn or work?”。先给直接回应，再讲真实细节，最后说明感受或判断。录音后合上材料重说一次。

10 Review Checklist

优先掌握：look up to someone · take advice on board · set an example

- □ 能区分至少两种相近表达的语气和场景
- □ 两天后无提示回忆三条优先表达
- □ 一周后把其中一条迁移到另一个话题

29 一次重要的对话 | An Important Conversation

01 Topic Introduction

重要对话往往包括开口前的顾虑、对方的回应和事后的变化。练习把分歧与澄清说得具体，而不是复述私密细节。

02 Core Natural Expressions

01 bring something up • 提起某事

I waited until after the meeting to bring up my concern.

场景：谈开口时机 · 可分离：bring it up。

02 hear someone out • 听对方说完

I didn't agree at first, but I heard her out.

场景：谈倾听 · 不等于最后必须同意。

03 clear the air • 把误会说开

We met for coffee to clear the air after a tense week.

场景：谈关系修复 · 习语，需有误会或紧张。

04 come away with a new perspective • 带着新视角结束谈话

I came away with a new perspective on why the decision was made.

场景：谈对话收获 · 不必表示完全改观。

05 face to face • 面对面

I thought it would be better to discuss it face to face.

场景：谈沟通方式 · 通常表示当面，区别于消息。

06 on the same page • 对问题有共同理解

By the end, we were on the same page about the next step.

场景：谈达成共识 · 不要求观点完全一致。

07 talk it through • 把问题谈透

We talked it through instead of sending more messages.

场景：谈解决过程 · it 指具体问题。

08 take a step back • 暂时退一步

I took a step back before replying because I was upset.

场景：谈情绪处理 · 可指暂停与重新审视。

03 Phrasal Verbs & Prepositional Phrases

回看上方完整例句，观察搭配中的介词、句法位置和使用边界；随后换成自己的真实情境。

bring something up • 提起某事

可分离：bring it up。

hear someone out • 听对方说完

不等于最后必须同意。

on the same page • 对问题有共同理解

不要求观点完全一致。

talk it through • 把问题谈透

it 指具体问题。

04 Familiar Words, New Meanings

point • 对方的观点

I could see her point once she explained the context.

不只是得分。

tone • 说话语气

The message sounded harsher than I intended because of the tone.

不是只有音高。

05 Sentence Patterns

If I understand you correctly, ...

If I understand you correctly, you're worried about the timing, not the idea itself. 如果我没理解错，你担心的是时机，而不是想法本身。

跨话题迁移：If I understand you correctly, the deadline has moved to Friday.

That's not quite what I meant.

That's not quite what I meant. I was asking about the cost, not the quality. 我不是那个意思。我问的是成本，不是质量。

跨话题迁移：That's not quite what I meant. I meant next week, not tomorrow.

What do you mean by ...?

What do you mean by “ready” in this context? 这里说的“准备好了”具体是什么意思?

跨话题迁移：What do you mean by a flexible schedule?

I can relate to that.

I can relate to that. I also find these conversations difficult. 我能理解。我也觉得这种对话不容易。

跨话题迁移：I can relate to that. Moving to a new city was difficult for me too.

06 Say It More Naturally

We argued. → We had a tense conversation, but we managed to clear the air.

结果确实化解时才能这样说。

I told her. → I brought it up face to face because I didn't want the message to be misunderstood.

说明开口方式与原因。

I agreed. → I could see her point, even though I still had some concerns.

区分理解与完全同意。

07 Conversation Questions

1. Can you remember a conversation that changed your understanding of something?
2. Why did the topic need to be brought up?
3. How did you start the conversation?
4. Did you feel heard by the other person?
5. What changed after you talked it through?

08 Active Recall & Substitution

无提示回忆

只看中文线索“提起某事”，说一句与你自己的经历有关的完整英文句子。

内容替换

把“bring something up”换到另一个真实场景中；检查原有语气和含义是否仍成立。

互动回应

让搭档追问“How did you start the conversation?”，不看本章材料即兴回答，并至少用一次本章表达。

09 Speaking Challenge

用 1–3 分钟回答“Can you remember a conversation that changed your understanding of something?”。先给直接回应，再讲真实细节，最后说明感受或判断。录音后合上材料重说一次。

10 Review Checklist

优先掌握：bring something up · hear someone out · clear the air

- □ 能区分至少两种相近表达的语气和场景
- □ 两天后无提示回忆三条优先表达
- □ 一周后把其中一条迁移到另一个话题

30 一次失误与收获 | A Mistake I Learned From

01 Topic Introduction

谈失误时，重点是准确承担责任、补救和学到的具体方法；避免自责过度或把每次口语停顿都称为错误。

02 Core Natural Expressions

01 get something wrong • 把某事弄错

I got the dates wrong and sent the wrong schedule.

场景：承认具体失误 · 直接、自然，不必过度婉转。

02 own up to a mistake • 承认错误

I owned up to the mistake as soon as I noticed it.

场景：谈责任 · 偏口语，强调主动承认。

03 put things right • 补救

I called them straight away to put things right.

场景：谈修复行动 · 结果是否成功要如实说。

04 learn from it • 从中学习

I changed my checklist so I could learn from it.

场景：谈后续改变 · 最好说出具体措施。

05 by mistake • 无意地

I attached the old version by mistake.

场景：解释非故意 · 不是免除责任。

06 on my part • 在我这方面

It was an oversight on my part, and I corrected it that afternoon.

场景：承担个人责任 · 较适合工作沟通。

07 double-check • 再次核查

I now double-check the figures before sharing the report.

场景：谈预防方法 · 比“更小心”具体。

08 follow up with • 再联系并跟进

I followed up with the team to make sure they had the correct file.

场景：谈补救后续 · with 后接对象。

03 Phrasal Verbs & Prepositional Phrases

回看上方完整例句，观察搭配中的介词、句法位置和使用边界；随后换成自己的真实情境。

own up to a mistake • 承认错误

偏口语，强调主动承认。

put things right • 补救

结果是否成功要如实说。

by mistake • 无意地

不是免除责任。

follow up with • 再联系并跟进

with 后接对象。

04 Familiar Words, New Meanings

oversight • 疏忽

It was an oversight on my part.

不是“监督”这个常见字面义。

fix • 修复问题

I fixed the table and sent the corrected version.

不仅指固定某物。

05 Sentence Patterns

That's not quite what I meant.

That's not quite what I meant. I should have explained the risk more clearly. 我不是那个意思。我当时应该把风险解释得更清楚。

跨话题迁移：That's not quite what I meant. I meant next week, not tomorrow.

Looking back, ...

Looking back, I should have asked one more question before acting. 回头看，我行动前本该再问一个问题。

跨话题迁移：Looking back, the unplanned part of the trip was the most fun.

I don't want to jump to conclusions.

I don't want to jump to conclusions about why the plan failed. 我不想草率判断计划为何失败。

跨话题迁移：We lost one match, but I don't want to jump to conclusions about the manager.

At this point, ...

At this point, I can at least make sure it doesn't happen again. 现在我至少可以确保不再重犯。

跨话题迁移：At this point, I'm mainly looking for feedback on the research question.

06 Say It More Naturally

I was bad. → I got the dates wrong and corrected the schedule as soon as I noticed.

具体责任比笼统自责有用。

It was an accident. → I attached the wrong file by mistake, then followed up with the correct one.

解释无意并说明补救。

I learned a lesson. → I now double-check the figures before sending the report.

说明可观察的变化。

07 Conversation Questions

1. What is a small mistake that taught you something useful?
2. How did you realise something was wrong?
3. How did you explain it to the people affected?
4. What did you do to put things right?
5. What concrete habit changed afterwards?

08 Active Recall & Substitution

无提示回忆

只看中文线索“把某事弄错”，说一句与你自己的经历有关的完整英文句子。

内容替换

把“own up to a mistake”换到另一个真实场景中；检查原有语气和含义是否仍成立。

互动回应

让搭档追问“How did you explain it to the people affected?”，不看本章材料即兴回答，并至少用一次本章表达。

09 Speaking Challenge

用 1–3 分钟回答“What is a small mistake that taught you something useful?”。先给直接回应，再讲真实细节，最后说明感受或判断。录音后合上材料重说一次。

10 Review Checklist

优先掌握：get something wrong · own up to a mistake · put things right

□ 能区分至少两种相近表达的语气和场景

□ 两天后无提示回忆三条优先表达

□ 一周后把其中一条迁移到另一个话题

31 第一次去一个地方 | Visiting Somewhere New

01 Topic Introduction

第一次到新地方的经历适合讲预期与现实、如何找到方向、初次社交及逐渐适应。感到不自在也是正常内容，不必写成完美经历。

02 Core Natural Expressions

01 find my way around • 熟悉路线

It took me a few days to find my way around campus.

场景：谈初到环境 · 不只指一次导航成功。

02 feel out of place • 感到格格不入

I felt a little out of place at first because everyone seemed to know each other.

场景：谈初期感受 · 并不表示别人排斥你。

03 settle in quickly • 很快适应

I settled in more quickly once I joined a sports club.

场景：谈适应转折 · 说明具体帮助因素。

04 take in the atmosphere • 感受氛围

I walked around for an hour to take in the atmosphere.

场景：讲第一印象 · take in 是留意、感受。

05 on my own • 独自一人

I arrived on my own and had to sort out the first few things myself.

场景：交代到达情况 · 不必暗示孤单。

06 get to know people • 逐渐认识人

The course gave me a chance to get to know people.

场景：谈社交过程 · 不等于第一次见面就熟悉。

07 come across as • 给人某种印象

The city came across as quieter than I expected.

场景：描述初步印象 · 印象可能后来改变。

08 feel more at home • 越来越自在

I began to feel more at home after a few weeks.

场景：谈归属感变化 · 可用于城市、校园或群体。

03 Phrasal Verbs & Prepositional Phrases

回看上方完整例句，观察搭配中的介词、句法位置和使用边界；随后换成自己的真实情境。

find my way around • 熟悉路线

不只指一次导航成功。

settle in quickly • 很快适应

说明具体帮助因素。

on my own • 独自一人

不必暗示孤单。

come across as • 给人某种印象

印象可能后来改变。

04 Familiar Words, New Meanings

orientation • 迎新或入学介绍

The orientation helped me understand how the university worked.

不只指方向。

local • 当地人或当地的

A local showed me a much easier route.

可作名词指本地人。

05 Sentence Patterns

It turned out that ...

It turned out that the city was much easier to explore on foot. 结果发现这座城市步行游览方便得多。

跨话题迁移：It turned out that the delay was caused by a technical problem.

It took me a while to ...

It took me a while to find my way around the old neighbourhood. 我花了一段时间才熟悉老街区的路。

跨话题迁移：It took me a while to settle into the new city.

I'm still getting used to ...

I'm still getting used to the pace of life here. 我还在适应这里的生活节奏。

跨话题迁移：I'm still getting used to the early training sessions.

What stood out to me was ...

What stood out to me was how easy it was to talk to people. 让我印象最深的是和当地人交谈很容易。

跨话题迁移：What stood out to me was how welcoming the people were.

06 Say It More Naturally

I was confused. → It took me a few days to find my way around.

说清具体困难；若确实困惑，原句也自然。

I was lonely. → I felt a bit out of place at first, but joining a club helped.

表达归属感困难及变化；不强行弱化孤独感。

The city is good. → It felt more welcoming once I got to know a few people.

说明评价为何改变。

07 Conversation Questions

1. Where did you go for the first time recently?
2. What did you expect the place to be like?
3. What was difficult on the first day?
4. What helped you begin to feel at home?
5. How would you help someone new arriving there now?

08 Active Recall & Substitution

无提示回忆

只看中文线索“熟悉路线”，说一句与你自己的经历有关的完整英文句子。

内容替换

把“find my way around”换到另一个真实场景中；检查原有语气和含义是否仍成立。

互动回应

让搭档追问“What was difficult on the first day?”，不看本章材料即兴回答，并至少用一次本章表达。

09 Speaking Challenge

用 1–3 分钟回答“Where did you go for the first time recently?”。先给直接回应，再讲真实细节，最后说明感受或判断。录音后合上材料重说一次。

10 Review Checklist

优先掌握：find my way around · feel out of place · settle in quickly

□ 能区分至少两种相近表达的语气和场景

□ 两天后无提示回忆三条优先表达

□ 一周后把其中一条迁移到另一个话题

32 一次比赛或活动 | A Match or Event

01 Topic Introduction

讲一场比赛或活动时，区分赛前期待、转折和现场感受。别只按时间顺序列出所有事件，选最能解释结果的细节。

02 Core Natural Expressions

01 look forward to the game • 期待比赛

I'd been looking forward to the game all week.

场景：交代赛前期待 · to 后接名词或 -ing。

02 get caught up in the moment • 沉浸在当下

I got caught up in the moment when the crowd started singing.

场景：谈现场情绪 · 可积极也可导致判断失衡。

03 turn things around • 扭转局面

The team turned things around after half-time.

场景：讲比赛转折 · 需有之前较差的局面。

04 talk about it afterwards • 事后讨论

We stayed behind and talked about the match afterwards.

场景：谈后续交流 · afterwards 常放句末。

05 in the stands • 在看台上

We were in the stands near the home supporters.

场景：交代观赛位置 · 不是站立动作。

06 against the run of play • 与场上形势不符地

They scored against the run of play after being under pressure.

场景：分析意外进球 · 足球评论语域，不必用于普通闲聊。

07 pick up the pace • 加快节奏

Both teams picked up the pace after the first goal.

场景：谈比赛变化 · 主语用球队或球员；也可用于工作节奏。

08 come away with a win • 最终赢下比赛

They played poorly but still came away with a win.

场景：总结结果 · 强调离开比赛时取得的结果。

03 Phrasal Verbs & Prepositional Phrases

回看上方完整例句，观察搭配中的介词、句法位置和使用边界；随后换成自己的真实情境。

look forward to the game • 期待比赛

to 后接名词或 -ing。

turn things around • 扭转局面

需有之前较差的局面。

against the run of play • 与场上形势不符地

足球评论语域，不必用于普通闲聊。

come away with a win • 最终赢下比赛

强调离开比赛时取得的结果。

04 Familiar Words, New Meanings

form • 近期竞技状态

The striker has been in good form lately.

不是只有表格或动作姿势。

edge • 微弱优势

The home side had the edge in midfield.

不是物体边缘。

05 Sentence Patterns

That said, ...

That said, I wouldn't judge the team on this match alone. 话虽如此，我不会只凭这一场比赛评价球队。

跨话题迁移：The hotel was expensive. That said, the location saved us a lot of time.

It turned out that ...

It turned out that the second half was far more exciting than the first. 结果下半场比上半场精彩得多。

跨话题迁移：It turned out that the delay was caused by a technical problem.

What stood out to me was ...

What stood out to me was how quickly they won the ball back. 让我印象最深的是他们夺回球权的速度。

跨话题迁移：What stood out to me was how welcoming the people were.

I'm not sure that holds up when ...

I'm not sure that explanation holds up when you watch the whole move. 看完整次进攻后，我不确定那个解释是否站得住脚。

跨话题迁移：I'm not sure that excuse holds up when we look at the full season.

06 Say It More Naturally

The match was good. → The second half picked up after the first goal.

指出具体变化。

They won unexpectedly. → They came away with a win despite being under pressure for most of the game.

说明为什么意外。

The crowd was exciting. → I got caught up in the atmosphere when the crowd started singing.

人感到 excited；气氛令人兴奋。

07 Conversation Questions

1. Which match or live event do you still remember clearly?
2. What were you expecting beforehand?
3. When did the atmosphere or momentum change?
4. Was the final result a fair reflection of the game?
5. How would you describe the event to someone who wasn't there?

08 Active Recall & Substitution

无提示回忆

只看中文线索“期待比赛”，说一句与你自己的经历有关的完整英文句子。

内容替换

把“look forward to the game”换到另一个真实场景中；检查原有语气和含义是否仍成立。

互动回应

让搭档追问“When did the atmosphere or momentum change?”，不看本章材料即兴回答，并至少用一次本章表达。

09 Speaking Challenge

用 1–3 分钟回答“Which match or live event do you still remember clearly?”。先给直接回应，再讲真实细节，最后说明感受或判断。录音后合上材料重说一次。

10 Review Checklist

优先掌握：look forward to the game · get caught up in the moment · turn things around

□ 能区分至少两种相近表达的语气和场景

□ 两天后无提示回忆三条优先表达

□ 一周后把其中一条迁移到另一个话题

33 一次学习突破 | A Learning Breakthrough

01 Topic Introduction

讲学习突破时，先解释原来卡在哪里，再描述哪条线索让事情突然变清楚，并说明能否迁移到新任务。

02 Core Natural Expressions

01 piece things together • 把线索拼起来

I slowly pieced things together by comparing several examples.

场景：谈理解过程 · 强调从零散信息得到整体。

02 finally click • 终于弄懂

The idea finally clicked when I saw it in a real example.

场景：谈顿悟 · 口语中 click 可指突然理解。

03 put it into practice • 实际运用

Once I understood the idea, I tried to put it into practice.

场景：谈从理解到使用 · 不等于只会复述定义。

04 build on that progress • 在进步基础上继续

The first successful conversation gave me confidence to build on that progress.

场景：谈后续计划 · progress 是已有成果。

05 at first • 一开始

At first, I couldn't see how the pieces fitted together.

场景：组织时间线 · 常与 later 对比。

06 come across an example • 遇到一个例子

I came across an example that made the distinction clearer.

场景：谈触发点 · 强调偶然遇到。

07 work through it • 逐步弄清

I worked through it with a friend rather than giving up.

场景：谈解决方式 · it 指前述问题。

08 on my own • 独立地

I knew I understood it when I could explain it on my own.

场景：检验掌握 · 不是孤单，而是不依赖提示。

03 Phrasal Verbs & Prepositional Phrases

回看上方完整例句，观察搭配中的介词、句法位置和使用边界；随后换成自己的真实情境。

piece things together • 把线索拼起来

强调从零散信息得到整体。

put it into practice • 实际运用

不等于只会复述定义。

come across an example • 遇到一个例子

强调偶然遇到。

work through it • 逐步弄清

it 指前述问题。

04 Familiar Words, New Meanings

click • 突然理解

The explanation clicked once I tried it myself.

不是鼠标动作。

grasp • 真正理解

I could finally grasp why the two results differed.

不只是物理抓住。

05 Sentence Patterns

I used to think ..., but I've come to realize ...

I used to think I was bad at the subject, but I've come to realize I needed a different approach. 我以前觉得自己不擅长这门课，后来发现需要换种方法。

跨话题迁移：I used to think the metric told the whole story, but I've come to realize it misses context.

It turned out that ...

It turned out that one simple diagram clarified the whole idea. 结果一张简单的图就把整个概念讲明白了。

跨话题迁移：It turned out that the delay was caused by a technical problem.

It took me a while to ...

It took me a while to connect the theory with a real example. 我花了一段时间才把理论和真实例子联系起来。

跨话题迁移：It took me a while to settle into the new city.

The more ..., the more ...

The more I explained it aloud, the better I understood it. 我越是大声解释，就越理解它。

跨话题迁移：The more I read about the topic, the more questions I have.

06 Say It More Naturally

I understood. → The idea finally clicked when I tried a real example.

说明何时与为何理解。

I learned the theory. → I could put it into practice without looking at my notes.

区分知道与会用。

It was difficult. → I couldn't piece the steps together until I saw the full process.

定位具体困难。

07 Conversation Questions

1. What is something you struggled to understand at first?
2. Which part was confusing?
3. What example or experience helped it click?
4. Could you use the idea on your own afterwards?
5. How would you explain it now to someone at the earlier stage?

08 Active Recall & Substitution

无提示回忆

只看中文线索“把线索拼起来”，说一句与你自己的经历有关的完整英文句子。

内容替换

把“piece things together”换到另一个真实场景中；检查原有语气和含义是否仍成立。

互动回应

让搭档追问“What example or experience helped it click?”，不看本章材料即兴回答，并至少用一次本章表达。

09 Speaking Challenge

用 1–3 分钟回答“What is something you struggled to understand at first?”。先给直接回应，再讲真实细节，最后说明感受或判断。录音后合上材料重说一次。

10 Review Checklist

优先掌握：piece things together · finally click · put it into practice

□ 能区分至少两种相近表达的语气和场景

□ 两天后无提示回忆三条优先表达

□ 一周后把其中一条迁移到另一个话题

34 一个难忘的周末 | A Weekend to Remember

01 Topic Introduction

难忘周末不必发生大事；可以通过临时决定、一个细节和与平常不同的感受讲出故事。

02 Core Natural Expressions

01 make a last-minute plan • 临时作计划

We made a last-minute plan to spend the day by the sea.

场景：谈周末起点 · 不是每次都需要提前预订。

02 head out of town • 出城

We headed out of town after breakfast.

场景：交代出发 · 比较口语化。

03 go with the flow • 顺其自然

We didn't set a schedule and just went with the flow.

场景：谈灵活安排 · 适合能接受不确定性时。

04 remember it for years • 多年后仍记得

It was a small moment, but I think I'll remember it for years.

场景：表达印象 · 最好说明具体原因。

05 on the way there • 在去的路上

We found a roadside café on the way there.

场景：组织故事 · there 需有已知目的地。

06 out of the blue • 出乎意料地

An old friend called out of the blue and asked us to join.

场景：讲意外来电 · 常放动词后或句尾。

07 end up somewhere • 结果去了某处

We ended up at a tiny music venue we'd never heard of.

场景：讲非计划结果 · end up at 后接地点。

08 make the most of the day • 好好利用那一天

The weather changed, but we still made the most of the day.

场景：总结应对 · 不等于做很多事。

03 Phrasal Verbs & Prepositional Phrases

回看上方完整例句，观察搭配中的介词、句法位置和使用边界；随后换成自己的真实情境。

head out of town • 出城

比较口语化。

go with the flow • 顺其自然

适合能接受不确定性时。

out of the blue • 出乎意料地

常放动词后或句尾。

end up somewhere • 结果去了某处

end up at 后接地点。

04 Familiar Words, New Meanings

spot • 小地点

We found a quiet spot by the river.

不是只有斑点。

plan • 临时安排

It wasn't much of a plan, but it worked out.

可指很简单的安排。

05 Sentence Patterns

I ended up ...

We ended up staying longer because the conversation was so good. 最后我们因为聊得太开心而多待了一会儿。

跨话题迁移：We ended up walking back because the buses had stopped.

It turned out that ...

It turned out that the local market was open all weekend. 结果当地集市整个周末都开着。

跨话题迁移：It turned out that the delay was caused by a technical problem.

Looking back, ...

Looking back, the unplanned part was my favourite. 回头看，没有计划的那部分是我最喜欢的。

跨话题迁移：Looking back, the unplanned part of the trip was the most fun.

What stood out to me was ...

What stood out to me was how relaxed everyone seemed. 让我印象最深的是大家看起来都很放松。

跨话题迁移：What stood out to me was how welcoming the people were.

06 Say It More Naturally

It was fun. → The unexpected stop at the music venue made the weekend memorable.

给出具体记忆点。

We had no plan. → We decided to go with the flow once we arrived.

说明主动选择灵活，而非毫无准备。

He called suddenly. → He called out of the blue after we hadn't spoken for months.

强调意外和背景。

07 Conversation Questions

1. What made one ordinary weekend memorable for you?
2. Did you plan it or decide things as you went?
3. What unexpected detail stands out?
4. Who were you with, and how did that change the experience?
5. Would you try to recreate that weekend or leave it as a one-off?

08 Active Recall & Substitution

无提示回忆

只看中文线索“临时作计划”，说一句与你自己的经历有关的完整英文句子。

内容替换

把“head out of town”换到另一个真实场景中；检查原有语气和含义是否仍成立。

互动回应

让搭档追问“What unexpected detail stands out?”，不看本章材料即兴回答，并至少用一次本章表达。

09 Speaking Challenge

用 1–3 分钟回答“What made one ordinary weekend memorable for you?”。先给直接回应，再讲真实细节，最后说明感受或判断。录音后合上材料重说一次。

10 Review Checklist

优先掌握：make a last-minute plan · head out of town · go with the flow

□ 能区分至少两种相近表达的语气和场景

□ 两天后无提示回忆三条优先表达

□ 一周后把其中一条迁移到另一个话题

35 一个改变看法的时刻 | Changing My Mind

01 Topic Introduction

改变看法的经历要公平呈现旧观点与新信息，不要为了显得开放而虚构一个从未持有的极端立场。

02 Core Natural Expressions

01 used to assume • 过去想当然地以为

I used to assume more data always meant a better model.

场景：描述旧想法 · assume 暗示没有充分检验。

02 hear another side • 听到另一种观点

I heard another side of the story when I spoke to the players.

场景：讲新信息来源 · 不等于新观点必然正确。

03 rethink my position • 重新考虑立场

The discussion made me rethink my position on the issue.

场景：谈思考过程 · 不一定完全改变观点。

04 see it differently now • 现在从不同角度看

I see it differently now that I've worked with the data myself.

场景：总结变化 · 说明变化依据更有说服力。

05 at first glance • 乍看之下

At first glance, the change seemed unnecessary.

场景：讲初步印象 · 通常与深入了解后作对比。

06 on reflection • 回头认真想

On reflection, I had overlooked a practical problem.

场景：谈重新判断 · 略较书面但口语讨论也可用。

07 take something into account • 把某事考虑进去

I hadn't taken travel time into account when judging the decision.

场景：解释旧观点局限 · into account 是固定搭配。

08 come around to an idea • 逐渐接受某个想法

I slowly came around to the idea after seeing it work in practice.

场景：谈渐进改变 · 不同于瞬间被说服。

03 Phrasal Verbs & Prepositional Phrases

回看上方完整例句，观察搭配中的介词、句法位置和使用边界；随后换成自己的真实情境。

hear another side • 听到另一种观点

不等于新观点必然正确。

rethink my position • 重新考虑立场

不一定完全改变观点。

take something into account • 把某事考虑进去

into account 是固定搭配。

come around to an idea • 逐渐接受某个想法

不同于瞬间被说服。

04 Familiar Words, New Meanings

fair • 合理、公允

That's a fair point, and I hadn't considered it.

不是只指公平竞争。

take • 观点

My take on the issue has changed over time.

名词 take 表示看法。

05 Sentence Patterns

I used to think ..., but I've come to realize ...

I used to think the policy was unfair, but I've come to realize why it exists. 我以前觉得这项规定不公平，后来才明白它为何存在。

跨话题迁移：I used to think the metric told the whole story, but I've come to realize it misses context.

As far as I can tell, ...

As far as I can tell, the evidence is stronger than I first thought. 据我所知，这些证据比我最初以为的更有力。

跨话题迁移：As far as I can tell, the train is still running on time.

Looking back, ...

Looking back, I reacted before I had the full picture. 回头看，我还没了解全貌就做出了反应。

跨话题迁移：Looking back, the unplanned part of the trip was the most fun.

I'm not sure that holds up when ...

I'm not sure my old view holds up when I consider the new evidence. 考虑到新证据，我不确定原来的看法还能站得住脚。

跨话题迁移：I'm not sure that excuse holds up when we look at the full season.

06 Say It More Naturally

I was wrong. → I hadn't taken that part of the problem into account.

具体说明遗漏；原句在明确认错时也自然。

Now I agree. → I've come around to the idea, though I still have some concerns.

表达逐渐接受但保留意见。

I changed my mind. → The discussion made me rethink my position on how we measure success.

说明变化的领域。

07 Conversation Questions

1. What is an opinion you've changed over time?
2. What did you initially assume?
3. What new information or experience challenged that view?
4. Did you change your mind quickly or gradually?
5. What part of your old view, if any, do you still think was reasonable?

08 Active Recall & Substitution

无提示回忆

只看中文线索“过去想当然地以为”，说一句与你自己的经历有关的完整英文句子。

内容替换

把“hear another side”换到另一个真实场景中；检查原有语气和含义是否仍成立。

互动回应

让搭档追问“What new information or experience challenged that view?”，不看本章材料即兴回答，并至少用一次本章表达。

09 Speaking Challenge

用 1–3 分钟回答“What is an opinion you've changed over time?”。先给直接回应，再讲真实细节，最后说明感受或判断。录音后合上材料重说一次。

10 Review Checklist

优先掌握：used to assume · hear another side · rethink my position

- □ 能区分至少两种相近表达的语气和场景
- □ 两天后无提示回忆三条优先表达
- □ 一周后把其中一条迁移到另一个话题

36 工作与生活的平衡 | Work-Life Balance

01 Topic Introduction

工作与生活的平衡不是人人相同的一条界线。练习给出个人定义、解释压力如何积累，并提出可执行的边界。

02 Core Natural Expressions

01 take work home with me • 把工作带回家做

I try not to take work home with me unless there is a real deadline.

场景：谈工作边界 · 也可比喻下班后仍想着工作。

02 switch off after work • 下班后放下工作

It's hard to switch off after work when messages keep coming in.

场景：谈休息困难 · 英式口语常见。

03 set boundaries around my time • 为自己的时间设界限

I've started setting clearer boundaries around my time in the evenings.

场景：谈自我安排 · 说明具体边界更有价值。

04 burn myself out • 把自己累垮

I don't want to burn myself out by saying yes to everything.

场景：谈过度负荷 · burnout 较强，不应指一次普通疲劳。

05 on call • 随时待命

Some jobs require people to be on call at weekends.

场景：谈职业要求 · 有正式待命义，不等于随时看手机。

06 at the expense of • 以牺牲某事为代价

I don't want to improve at work at the expense of my health.

场景：谈取舍 · 后接被牺牲的方面。

07 make time for • 抽出时间给

I try to make time for the people I care about.

场景：谈优先次序 · 强调主动安排。

08 draw the line at • 把某事定为不能接受的界线

I'm happy to work late occasionally, but I draw the line at every weekend.

场景：谈底线 · 具体场景中使用，语气较坚定。

03 Phrasal Verbs & Prepositional Phrases

回看上方完整例句，观察搭配中的介词、句法位置和使用边界；随后换成自己的真实情境。

switch off after work • 下班后放下工作

英式口语常见。

set boundaries around my time • 为自己的时间设界限

说明具体边界更有价值。

at the expense of • 以牺牲某事为代价

后接被牺牲的方面。

draw the line at • 把某事定为不能接受的界线

具体场景中使用，语气较坚定。

04 Familiar Words, New Meanings

balance • 可持续的权衡

For me, balance means being able to rest without worrying about work.

不是每天严格对半分。

available • 可以回应或参与

Being always available can make it hard to rest.

不只是商品“有货”。

05 Sentence Patterns

The way I see it, ...

The way I see it, balance means being able to switch off after work. 在我看来，平衡意味着下班后能放下工作。

跨话题迁移：The way I see it, the team needs more balance in midfield.

It's not so much ... as ...

It's not so much the long hours as the lack of control over them. 问题与其说是工时长，不如说是无法掌控工时。

跨话题迁移：It's not so much the result as the team's reaction that interested me.

I have mixed feelings about ...

I have mixed feelings about answering messages in the evening. 对于晚上回复消息，我心情复杂。

跨话题迁移：I have mixed feelings about the transfer: he is talented, but the fee is high.

In practice, ...

In practice, setting boundaries takes more than turning off notifications. 实际上，建立界限并不只是关掉通知。

跨话题迁移：In practice, I rarely manage to stick to a rigid schedule.

06 Say It More Naturally

I work too much. → I've been taking work home most evenings, and it's starting to take a toll.

说明行为和影响；直接说 work too much 也自然。

I need rest. → I need to set a clearer boundary around my evenings.

后者提出具体措施，不适用于单纯睡眠不足。

I refuse weekends. → I don't mind occasional extra work, but I draw the line at every weekend.

区分偶尔与长期要求。

07 Conversation Questions

1. What does a good work-life balance mean to you?
2. When do you find it hardest to switch off?
3. What boundaries have you tried to set?
4. Can flexible work sometimes make balance harder?
5. What should employers and individuals each do to prevent burnout?

08 Active Recall & Substitution

无提示回忆

只看中文线索“把工作带回家做”，说一句与你自己的经历有关的完整英文句子。

内容替换

把“switch off after work”换到另一个真实场景中；检查原有语气和含义是否仍成立。

互动回应

让搭档追问“What boundaries have you tried to set?”，不看本章材料即兴回答，并至少用一次本章表达。

09 Speaking Challenge

用 1–3 分钟回答“What does a good work-life balance mean to you?”。先给直接回应，再讲真实细节，最后说明感受或判断。录音后合上材料重说一次。

10 Review Checklist

优先掌握：take work home with me · switch off after work · set boundaries around my time

□ 能区分至少两种相近表达的语气和场景

□ 两天后无提示回忆三条优先表达

□ 一周后把其中一条迁移到另一个话题

37 远程工作 | Remote Work

01 Topic Introduction

远程工作讨论应比较具体任务、社交需求和边界，而不是把在家办公说成对所有人都更好或更差。

02 Core Natural Expressions

01 work from home • 在家办公

I work from home twice a week and go in for team meetings.

场景：谈工作安排 · 可与混合办公结合。

02 miss the social side • 想念与同事互动的一面

I enjoy the flexibility, but I miss the social side of the office.

场景：谈代价 · 不是所有人都有同样感受。

03 draw a line between work and home • 区分工作与生活

I find it easier to draw a line between work and home when I have a separate desk.

场景：谈边界 · line 是比喻界限。

04 stay focused • 保持专注

I stay focused more easily at home when I don't have back-to-back meetings.

场景：谈效率 · 取决于工作与家庭环境。

05 in person • 当面

Some conversations are easier to have in person.

场景：比较沟通方式 · 常放句末。

06 at home • 在家里

At home, I save the time I would normally spend commuting.

场景：谈地点 · 别与 work from home 的工作制度混淆。

07 keep someone in the loop • 让某人了解进展

Remote teams need to keep each other in the loop without sending constant updates.

场景：谈协作 · 有选择地共享关键信息。

08 on the same page • 对目标有共同理解

A short call helps us get on the same page before we start.

场景：谈远程协调 · 不是必须每件事都同步会议。

03 Phrasal Verbs & Prepositional Phrases

回看上方完整例句，观察搭配中的介词、句法位置和使用边界；随后换成自己的真实情境。

draw a line between work and home • 区分工作与生活

line 是比喻界限。

in person • 当面

常放句末。

keep someone in the loop • 让某人了解进展

有选择地共享关键信息。

on the same page • 对目标有共同理解

不是必须每件事都同步会议。

04 Familiar Words, New Meanings

office • 办公地点或机构

I go into the office for meetings once a week.

不只是写字楼。

presence • 在场感

A video call doesn't always replace the sense of presence in a room.

不是只指签到。

05 Sentence Patterns

The way I see it, ...

The way I see it, remote work gives people more choice about how they structure a day. 在我看来，远程工作让人更能自主安排一天。

跨话题迁移：The way I see it, the team needs more balance in midfield.

It depends on ...

It depends on the kind of work and how the team communicates. 这取决于工作类型和团队的沟通方式。

跨话题迁移：It depends on how much time we have before the trip.

I have mixed feelings about ...

I have mixed feelings about working from home every day. 对每天在家办公，我有些矛盾。

跨话题迁移：I have mixed feelings about the transfer: he is talented, but the fee is high.

In practice, ...

In practice, informal conversations can be harder to recreate online. 实际上，线上很难重现随意的面对面交流。

跨话题迁移：In practice, I rarely manage to stick to a rigid schedule.

06 Say It More Naturally

Remote work is good. → Working from home saves my commute, but I miss quick conversations with colleagues.

给出具体利弊。

I don't concentrate. → I stay focused better when I block out time without calls.

提出有效条件，而非永久能力判断。

We talk online. → We have a short call to make sure we're on the same page.

说明沟通目的。

07 Conversation Questions

1. What kind of work do you find easiest to do at home?
2. What do you miss, if anything, about being in a shared workplace?
3. How do remote teams avoid misunderstandings?
4. Does flexibility make it easier or harder to switch off?
5. Would you choose fully remote, fully in person, or a mix? Why?

08 Active Recall & Substitution

无提示回忆

只看中文线索“在家办公”，说一句与你自己的经历有关的完整英文句子。

内容替换

把“draw a line between work and home”换到另一个真实场景中；检查原有语气和含义是否仍成立。

互动回应

让搭档追问“How do remote teams avoid misunderstandings?”，不看本章材料即兴回答，并至少用一次本章表达。

09 Speaking Challenge

用 1–3 分钟回答“What kind of work do you find easiest to do at home?”。先给直接回应，再讲真实细节，最后说明感受或判断。录音后合上材料重说一次。

10 Review Checklist

优先掌握：work from home · miss the social side · draw a line between work and home

- □ 能区分至少两种相近表达的语气和场景
- □ 两天后无提示回忆三条优先表达
- □ 一周后把其中一条迁移到另一个话题

38 社交媒体 | Social Media

01 Topic Introduction

社交媒体观点要区分主动获取信息与无意识刷屏，也要避免对他人的使用方式作简单道德判断。

02 Core Natural Expressions

01 scroll without thinking • 无意识地刷

I sometimes scroll without thinking when I'm tired.

场景：谈个人习惯 · 强调缺乏明确目的。

02 compare myself with others • 拿自己和别人比较

It's easy to compare myself with others when I only see their highlights.

场景：谈心理影响 · 不意味着所有比较都有害。

03 take a break from social media • 暂时远离社媒

I took a break from social media during exams.

场景：谈阶段性调整 · 不是永久删除账户。

04 stay in the loop • 了解最新消息

Social media helps me stay in the loop with friends abroad.

场景：谈积极用途 · 与 be out of the loop 相对。

05 on my feed • 出现在我的信息流中

A video about football tactics came up on my feed.

场景：描述内容来源 · 常见社媒语境。

06 out of context • 脱离语境

Short clips can make comments sound worse when they are shared out of context.

场景：谈误导风险 · 常修饰引用或视频片段。

07 cut back on • 减少使用

I've cut back on late-night scrolling rather than deleting every app.

场景：谈现实改变 · 减少而非完全停止。

08 get carried away • 过于投入而忘了节制

I got carried away replying to comments and lost an hour.

场景：谈使用失控 · 常含轻微自嘲。

03 Phrasal Verbs & Prepositional Phrases

回看上方完整例句，观察搭配中的介词、句法位置和使用边界；随后换成自己的真实情境。

take a break from social media • 暂时远离社媒

不是永久删除账户。

stay in the loop • 了解最新消息

与 be out of the loop 相对。

out of context • 脱离语境

常修饰引用或视频片段。

cut back on • 减少使用

减少而非完全停止。

04 Familiar Words, New Meanings

feed • 社媒信息流

My feed is mostly football and research accounts.

不是“喂食”。

follow • 关注账号

I follow a few journalists whose reporting I trust.

不是实际跟踪别人。

05 Sentence Patterns

The way I see it, ...

The way I see it, social media is useful when I choose how to use it. 在我看来，只要我主动选择使用方式，社交媒体就有用。

跨话题迁移：The way I see it, the team needs more balance in midfield.

I have mixed feelings about ...

I have mixed feelings about posting every part of my day online. 对把每天的一切都发到网上，我有些复杂感受。

跨话题迁移：I have mixed feelings about the transfer: he is talented, but the fee is high.

I haven't made up my mind yet.

I haven't made up my mind yet about deleting the app. 我还没决定要不要删掉这个应用。

跨话题迁移：I haven't made up my mind yet about where to live.

In practice, ...

In practice, I often open it without a clear reason. 实际上，我经常没有明确目的就点开它。

跨话题迁移：In practice, I rarely manage to stick to a rigid schedule.

06 Say It More Naturally

Social media is bad. → I find late-night scrolling distracting, but it also helps me keep up with friends.

区分用途和影响。

I use it too much. → I sometimes get carried away and keep scrolling after I meant to stop.

说出具体机制。

That clip is false. → The clip may be out of context; I'd want to see the full interview.

在缺证据时更审慎。

07 Conversation Questions

1. What do you mainly use social media for?
2. When does it feel useful, and when does it become a distraction?
3. Have you ever seen a clip shared out of context?
4. How do you decide which accounts to trust?
5. Would taking a break improve your experience, or would changing how you use it be better?

08 Active Recall & Substitution

无提示回忆

只看中文线索“无意识地刷”，说一句与你自己的经历有关的完整英文句子。

内容替换

把“take a break from social media”换到另一个真实场景中；检查原有语气和含义是否仍成立。

互动回应

让搭档追问“Have you ever seen a clip shared out of context?”，不看本章材料即兴回答，并至少用一次本章表达。

09 Speaking Challenge

用 1–3 分钟回答“What do you mainly use social media for?”。先给直接回应，再讲真实细节，最后说明感受或判断。录音后合上材料重说一次。

10 Review Checklist

优先掌握：scroll without thinking · compare myself with others · take a break from social media

□ 能区分至少两种相近表达的语气和场景

□ 两天后无提示回忆三条优先表达

□ 一周后把其中一条迁移到另一个话题

39 人工智能与学习 | AI and Learning

01 Topic Introduction

讨论 AI 与学习时，练习区分起草、反馈和替代思考；也要明确何时需要核查来源与说明使用方式。

02 Core Natural Expressions

01 use AI as a starting point • 把 AI 当作起点

I use AI as a starting point for ideas, then check the sources myself.

场景：谈学习方式 · 不是把输出当最终答案。

02 check the output • 核查生成结果

I check the output against the original paper before using it.

场景：谈可靠性 · 尤其注意引用和数字。

03 think for myself • 自己思考

I still need to think for myself about which explanation makes sense.

场景：谈学习责任 · 不是拒绝所有工具。

04 be upfront about using AI • 坦诚说明使用 AI

I'm upfront about using AI when a course asks us to declare it.

场景：谈透明度 · 规则因场景而异，应遵守具体要求。

05 in the first place • 首先；本来

I ask myself why I'm using the tool in the first place.

场景：追问目的 · 常放句尾，强调初始原因。

06 on its own • 单独地

The summary isn't reliable enough on its own for a research decision.

场景：谈局限 · 不能单独依赖，不等于毫无价值。

07 follow up on a claim • 进一步核查某说法

I follow up on any claim that sounds too certain.

场景：谈验证行为 · on 后接要追查的主张。

08 get carried away • 使用过头

It's easy to get carried away with prompts and stop asking the real question.

场景：谈工具使用失衡 · 非正式，强调偏离原目的。

03 Phrasal Verbs & Prepositional Phrases

回看上方完整例句，观察搭配中的介词、句法位置和使用边界；随后换成自己的真实情境。

use AI as a starting point • 把 AI 当作起点

不是把输出当最终答案。

be upfront about using AI • 坦诚说明使用 AI

规则因场景而异，应遵守具体要求。

in the first place • 首先；本来

常放句尾，强调初始原因。

follow up on a claim • 进一步核查某说法

on 后接要追查的主张。

04 Familiar Words, New Meanings

hallucination • 生成模型编造的内容

A fluent answer can still contain a hallucination.

技术语境，不等于人的视觉幻觉。

draft • 初稿

I treat the output as a draft, not a final answer.

不只是“气流”或征兵。

05 Sentence Patterns

The way I see it, ...

The way I see it, AI can support learning if students still do the thinking. 在我看来，只要学生仍自己思考，人工智能就能辅助学习。

跨话题迁移：The way I see it, the team needs more balance in midfield.

I can see why ..., but ...

I can see why teachers worry about shortcuts, but the tools can also help with feedback. 我理解教师为何担心学生走捷径，但这些工具也能帮助反馈。

跨话题迁移：I can see why you would be frustrated, but I think we need more time.

I don't want to jump to conclusions.

I don't want to jump to conclusions based on one classroom example. 我不想凭一个课堂例子就草率下结论。

跨话题迁移：We lost one match, but I don't want to jump to conclusions about the manager.

The evidence suggests ..., but ...

The evidence suggests that feedback matters, but it doesn't tell us how every student uses the tool. 证据表明反馈重要，但无法说明每个学生如何使用工具。

跨话题迁移：The evidence suggests the change helped, but we only have a few matches.

06 Say It More Naturally

AI is useful. → It helps me explore ideas, but I still check claims against reliable sources.

说明用途与边界。

AI is wrong. → The summary sounds confident, but I haven't verified its sources.

具体指出可核查问题。

I use AI for everything. → I use it for an initial outline, then work through the reasoning myself.

区分辅助与替代。

07 Conversation Questions

1. How do you currently use AI when learning something new?
2. Which outputs do you trust least without checking?
3. Have you ever found a confident but inaccurate answer?
4. When does AI save time, and when might it prevent learning?

5. What should a student disclose about AI use in academic work?

08 Active Recall & Substitution

无提示回忆

只看中文线索“把 AI 当作起点”，说一句与你自己的经历有关的完整英文句子。

内容替换

把“use AI as a starting point”换到另一个真实场景中；检查原有语气和含义是否仍成立。

互动回应

让搭档追问“Have you ever found a confident but inaccurate answer?”，不看本章材料即兴回答，并至少用一次本章表达。

09 Speaking Challenge

用 1–3 分钟回答“How do you currently use AI when learning something new?”。先给直接回应，再讲真实细节，最后说明感受或判断。录音后合上材料重说一次。

10 Review Checklist

优先掌握：use AI as a starting point · check the output · think for myself

□ 能区分至少两种相近表达的语气和场景

□ 两天后无提示回忆三条优先表达

□ 一周后把其中一条迁移到另一个话题

40 旅行的意义 | Why Travel Matters

01 Topic Introduction

旅行意义的讨论不需要夸大“旅行改变人生”。练习用一个实际经历说明自己如何观察、放松或重新理解熟悉的事。

02 Core Natural Expressions

01 step outside my comfort zone • 走出舒适区

Travelling alone pushed me outside my comfort zone in small ways.

场景：谈成长 · 不一定需要冒险行为。

02 see things from another angle • 从另一角度看事物

Talking to local students helped me see the issue from another angle.

场景：谈视角变化 · 最好说清改变了什么看法。

03 get a feel for a place • 感受一个地方

Walking around without a strict plan helped me get a feel for the city.

场景：谈慢旅行 · 比看几个景点更强调整体感受。

04 come back with fresh ideas • 带着新想法回来

I came back with fresh ideas about how to organise my time.

场景：谈旅行后影响 · 不必表示重大人生转折。

05 away from routine • 暂离日常

A few days away from routine helped me rest.

场景：谈休息价值 · 不是长期逃避责任。

06 on my own terms • 按自己的方式

I enjoyed exploring the city on my own terms rather than following a packed tour.

场景：谈自主性 · 语气稍强，强调自己决定。

07 open my eyes to • 让我意识到

The visit opened my eyes to how differently people use public space.

场景：谈新的认识 · 若只是轻微发现，可用 made me notice。

08 take something away from the trip • 从旅行中获得收获

I took a new perspective away from the trip.

场景：谈后续影响 · take away 在此指获得领悟，不是拿走物品。

03 Phrasal Verbs & Prepositional Phrases

回看上方完整例句，观察搭配中的介词、句法位置和使用边界；随后换成自己的真实情境。

step outside my comfort zone • 走出舒适区

不一定需要冒险行为。

see things from another angle • 从另一角度看事物

最好说清改变了什么看法。

get a feel for a place • 感受一个地方

比看几个景点更强调整体感受。

open my eyes to • 让我意识到

若只是轻微发现，可用 made me notice。

04 Familiar Words, New Meanings

perspective • 看问题的角度

The trip gave me a different perspective on city life.

不只是透视画法。

escape • 暂时离开日常压力

For me, travel is partly an escape from routine.

并非总指逃跑。

05 Sentence Patterns

I used to think ..., but I've come to realize ...

I used to think travel was mainly about seeing places, but I've come to realize it also changes how I see home. 我以前以为旅行主要是看风景，后来才明白它也会改变我看家乡的方式。

跨话题迁移：I used to think the metric told the whole story, but I've come to realize it misses context.

Looking back, ...

Looking back, the conversations mattered more than the itinerary. 回头看，旅途中的交流比行程安排更重要。

跨话题迁移：Looking back, the unplanned part of the trip was the most fun.

I have mixed feelings about ...

I have mixed feelings about rushing through several cities in one week. 对于一周赶着游览好几座城市，我心情复杂。

跨话题迁移：I have mixed feelings about the transfer: he is talented, but the fee is high.

I don't want to jump to conclusions.

I don't want to jump to conclusions about a place after one short visit. 我不想只去短短一次就草率评价一个地方。

跨话题迁移：We lost one match, but I don't want to jump to conclusions about the manager.

06 Say It More Naturally

Travel is important. → It gives me space to step away from routine and notice things I normally miss.

说明具体价值。

I learned culture. → Talking to local people helped me understand one aspect of daily life there.

避免把一次短途旅行说成“理解了整个文化”。

The trip changed me. → I came back with a small but useful change in how I plan my weekends.

给出可信的具体改变。

07 Conversation Questions

1. What do you usually hope to get out of a trip?
2. Have you ever learned something unexpected while travelling?
3. Do you prefer seeing famous places or getting a feel for everyday life?
4. Can travel change someone's perspective after only a few days?
5. What can people learn at home that travel cannot necessarily teach them?

08 Active Recall & Substitution

无提示回忆

只看中文线索“走出舒适区”，说一句与你自己的经历有关的完整英文句子。

内容替换

把“step outside my comfort zone”换到另一个真实场景中；检查原有语气和含义是否仍成立。

互动回应

让搭档追问“Do you prefer seeing famous places or getting a feel for everyday life?”，不看本章材料即兴回答，并至少用一次本章表达。

09 Speaking Challenge

用 1–3 分钟回答“What do you usually hope to get out of a trip?”。先给直接回应，再讲真实细节，最后说明感受或判断。录音后合上材料重说一次。

10 Review Checklist

优先掌握：step outside my comfort zone · see things from another angle · get a feel for a place

□ 能区分至少两种相近表达的语气和场景

□ 两天后无提示回忆三条优先表达

□ 一周后把其中一条迁移到另一个话题

41 大学教育 | University Education

01 Topic Introduction

大学教育话题适合讨论课程、独立思考、实践机会与成本。避免把“大学有用吗”回答成单一口号。

02 Core Natural Expressions

01 build a solid foundation • 打下扎实基础

The first-year courses gave me a solid foundation in statistics.

场景：谈基础训练 · solid 强调可靠、可继续发展。

02 learn to think critically • 学会批判性思考

A good seminar should help students think critically about evidence.

场景：谈教育目标 · 不是只会批评别人。

03 put theory into practice • 把理论用于实践

Projects gave us a chance to put theory into practice.

场景：谈实践价值 · 不等于放弃理论。

04 make the most of university • 充分利用大学机会

I wish I'd made the most of university by talking to researchers outside my field.

场景：谈主动参与 · 不必把日程排满。

05 in the classroom • 在课堂里

Some skills are hard to develop only in the classroom.

场景：比较学习场景 · 不表示实体教室才有效。

06 on campus • 在校园里

Being on campus makes spontaneous conversations easier.

场景：谈空间与社交 · 是地点介词短语。

07 open doors • 带来机会

A good mentor can open doors, but students still need to do the work.

场景：谈职业机会 · 非正式比喻，不保证结果。

08 keep up with coursework • 跟上课程进度

I struggled to keep up with coursework during a busy semester.

场景：谈学习压力 · keep up with 后接需要跟进的任务。

03 Phrasal Verbs & Prepositional Phrases

回看上方完整例句，观察搭配中的介词、句法位置和使用边界；随后换成自己的真实情境。

put theory into practice • 把理论用于实践

不等于放弃理论。

in the classroom • 在课堂里

不表示实体教室才有效。

on campus • 在校园里

是地点介词短语。

keep up with coursework • 跟上课程进度

keep up with 后接需要跟进的任务。

04 Familiar Words, New Meanings

course • 一门课程或学习项目

This course gave me more room to discuss ideas.

不是只有路线。

credit • 学分或认可

The project counts for six credits.

不是只指信用卡。

05 Sentence Patterns

The way I see it, ...

The way I see it, university should give students room to question ideas. 在我看来，大学应该给学生质疑观点的空间。

跨话题迁移：The way I see it, the team needs more balance in midfield.

It depends on ...

It depends on what students hope to gain from the course. 这取决于学生希望从课程中获得什么。

跨话题迁移：It depends on how much time we have before the trip.

I have mixed feelings about ...

I have mixed feelings about treating a degree purely as a job ticket. 对把学位只当作求职门票，我感受复杂。

跨话题迁移：I have mixed feelings about the transfer: he is talented, but the fee is high.

That doesn't quite add up.

That doesn't quite add up: strong exam results don't always mean someone can apply the ideas. 这说不太通：考试成绩好不一定代表能运用所学。

跨话题迁移：He said he left at six, but the train departed at five. That doesn't quite add up.

06 Say It More Naturally

University is good. → The seminars taught me to question evidence and explain my reasoning.

具体说教育价值；简短评价仍可用 good。

We studied theory. → We had chances to put theory into practice through projects.

指出学习方式的变化。

It helped my career. → The degree opened some doors, but experience mattered as well.

避免把职业结果全归功于学位。

07 Conversation Questions

1. What did university teach you beyond the subject content?
2. Which learning experience helped you most?
3. How important is it to put theory into practice?
4. Should universities focus more on employment or independent thinking?
5. Who might benefit from a route other than university?

08 Active Recall & Substitution

无提示回忆

只看中文线索“打下扎实基础”，说一句与你自己的经历有关的完整英文句子。

内容替换

把“put theory into practice”换到另一个真实场景中；检查原有语气和含义是否仍成立。

互动回应

让搭档追问“How important is it to put theory into practice?”，不看本章材料即兴回答，并至少用一次本章表达。

09 Speaking Challenge

用 1–3 分钟回答“What did university teach you beyond the subject content?”。先给直接回应，再讲真实细节，最后说明感受或判断。录音后合上材料重说一次。

10 Review Checklist

优先掌握：build a solid foundation · learn to think critically · put theory into practice

□ 能区分至少两种相近表达的语气和场景

□ 两天后无提示回忆三条优先表达

□ 一周后把其中一条迁移到另一个话题

42 运动与社会 | Sports and Society

01 Topic Introduction

讨论运动与社会时，可以从亲身经历谈归属感、健康或青年机会，同时承认资源与参与门槛。

02 Core Natural Expressions

01 bring people together • 把人们聚在一起

A local football club can bring people together across generations.

场景：谈社区作用 · 不要据此断言所有运动都无冲突。

02 look beyond the result • 不只看最终结果

We should look beyond the result and consider what the team built over the season.

场景：评价体育价值 · 不表示结果完全不重要。

03 give young people an outlet • 给年轻人一个积极出口

Community sport can give young people an outlet for their energy.

场景：谈参与机会 · outlet 是情绪或精力出口。

04 have a wider impact • 产生更广影响

The programme had a wider impact than improving fitness alone.

场景：谈社会效果 · 最好说明影响对象与机制。

05 at a local level • 在地方层面

The biggest change may happen at a local level rather than nationally.

场景：谈政策尺度 · 层级介词短语。

06 in the stands • 在看台上

I felt a sense of belonging in the stands with other supporters.

场景：谈球迷体验 · 不只涉及比赛本身。

07 miss out on • 错失某机会

Some children miss out on sport because facilities are too expensive.

场景：谈参与门槛 · on 后接错失的活动。

08 take part in • 参与

More girls should have the chance to take part in community sport.

场景：谈参与权 · 适用于活动或项目。

03 Phrasal Verbs & Prepositional Phrases

回看上方完整例句，观察搭配中的介词、句法位置和使用边界；随后换成自己的真实情境。

look beyond the result • 不只看最终结果

不表示结果完全不重要。

at a local level • 在地方层面

层级介词短语。

miss out on • 错失某机会

on 后接错失的活动。

take part in • 参与

适用于活动或项目。

04 Familiar Words, New Meanings

outlet • 情绪或能量的出口

Sport gave him an outlet when school was stressful.

不是电源插座。

community • 有共同联系的一群人

The club matters to the local community.

不只行政意义的社区。

05 Sentence Patterns

The way I see it, ...

The way I see it, sport can bring people together across different backgrounds. 在我看来，体育能把不同背景的人聚在一起。

跨话题迁移：The way I see it, the team needs more balance in midfield.

I have mixed feelings about ...

I have mixed feelings about clubs relying too heavily on commercial deals. 对于俱乐部过于依赖商业合作，我心情复杂。

跨话题迁移：I have mixed feelings about the transfer: he is talented, but the fee is high.

There's more to ... than ...

There's more to a club than results on the pitch. 俱乐部的意义不只是场上的成绩。

跨话题迁移：There's more to a good university experience than grades.

The evidence suggests ..., but ...

The evidence suggests participation helps communities, but access remains unequal. 证据表明参与体育有益社区，但参与机会仍不平等。

跨话题迁移：The evidence suggests the change helped, but we only have a few matches.

06 Say It More Naturally

Sport is important. → Local clubs can bring people together and give children a place to belong.

解释实际机制。

Winning doesn't matter. → Results matter, but there is more to sport than winning.

承认比赛竞争性与其他价值。

Everyone can play. → Cost and access to facilities can prevent some people from taking part.

避免忽视参与门槛。

07 Conversation Questions

1. What role has sport played in your own life?
2. Can a local club create a sense of community?
3. Who has fewer chances to take part in sport?
4. How should we judge the success of a youth sports programme?
5. Can professional clubs make a meaningful difference beyond match results?

08 Active Recall & Substitution

无提示回忆

只看中文线索“把人们聚在一起”，说一句与你自己的经历有关的完整英文句子。

内容替换

把“look beyond the result”换到另一个真实场景中；检查原有语气和含义是否仍成立。

互动回应

让搭档追问“Who has fewer chances to take part in sport?”，不看本章材料即兴回答，并至少用一次本章表达。

09 Speaking Challenge

用 1–3 分钟回答“What role has sport played in your own life?”。先给直接回应，再讲真实细节，最后说明感受或判断。录音后合上材料重说一次。

10 Review Checklist

优先掌握：bring people together · look beyond the result · give young people an outlet

□ 能区分至少两种相近表达的语气和场景

□ 两天后无提示回忆三条优先表达

□ 一周后把其中一条迁移到另一个话题

43 城市与公共空间 | Cities and Public Space

01 Topic Introduction

讨论城市公共空间时，把“宜居”落实到可达性、使用者需求和不同群体间的取舍。

02 Core Natural Expressions

01 make a city more liveable • 让城市更宜居

Reliable buses and shaded streets can make a city more liveable.

场景：谈设计效果 · liveable 是日常体验，不是单一排名。

02 have access to green space • 能使用绿地

Not every neighbourhood has easy access to green space.

场景：谈公共资源 · access to 后接资源。

03 meet the needs of residents • 满足居民需求

A good public square should meet the needs of different residents.

场景：谈设计目标 · 需说明哪些群体的需求。

04 strike a balance • 取得平衡

Cities need to strike a balance between traffic and space for people.

场景：谈政策取舍 · 不是简单各占一半。

05 within walking distance • 步行可达

There should be a park within walking distance of more homes.

场景：谈公平可达 · 比“附近”更可操作。

06 in public • 在公共场所

People need places to meet in public without having to spend money.

场景：谈公共生活 · 与 private 对比。

07 make room for • 为某事留出空间

The new plan makes room for bikes as well as buses.

场景：谈空间分配 · 可指物理和抽象空间。

08 at the expense of • 以损害某方为代价

We shouldn't add parking at the expense of a safe pavement.

场景：谈政策代价 · 明确谁失去什么。

03 Phrasal Verbs & Prepositional Phrases

回看上方完整例句，观察搭配中的介词、句法位置和使用边界；随后换成自己的真实情境。

have access to green space • 能使用绿地

access to 后接资源。

strike a balance • 取得平衡

不是简单各占一半。

within walking distance • 步行可达

比“附近”更可操作。

at the expense of • 以损害某方为代价

明确谁失去什么。

04 Familiar Words, New Meanings

access • 使用某种资源的机会

Many residents lack access to safe parks.

不只是电脑访问。

space • 公共活动空间

A square can be a space for people to meet.

不仅是面积。

05 Sentence Patterns

The way I see it, ...

The way I see it, good public space should be easy for everyone to use. 在我看来，好的公共空间应该让每个人都方便使用。

跨话题迁移：The way I see it, the team needs more balance in midfield.

I have mixed feelings about ...

I have mixed feelings about making every open area a commercial space. 对把每块开放空间都商业化，我感受复杂。

跨话题迁移：I have mixed feelings about the transfer: he is talented, but the fee is high.

There's more to ... than ...

There's more to a city than the number of new buildings. 评价城市不能只看新建筑的数量。

跨话题迁移：There's more to a good university experience than grades.

We need to account for ...

We need to account for people who can't drive when planning transport. 规划交通时，我们要考虑不会开车的人。

跨话题迁移：We need to account for travel time when planning the day.

06 Say It More Naturally

The city needs parks. → Some neighbourhoods have no green space within walking distance.

把需求具体化。

We need balance. → The city needs to strike a balance between road capacity and safe places to walk.

说明冲突双方。

This is unfair. → The plan gives one area better access while leaving others behind.

指出分配差异。

07 Conversation Questions

1. Which public space do you use most often?
2. What makes a street pleasant or unpleasant to walk along?
3. Who might be left out of current city planning?
4. How should cities balance cars, bikes and public transport?
5. What one change would make your neighbourhood more liveable?

08 Active Recall & Substitution

无提示回忆

只看中文线索“让城市更宜居”，说一句与你自己的经历有关的完整英文句子。

内容替换

把“have access to green space”换到另一个真实场景中；检查原有语气和含义是否仍成立。

互动回应

让搭档追问“Who might be left out of current city planning?”，不看本章材料即兴回答，并至少用一次本章表达。

09 Speaking Challenge

用 1–3 分钟回答“Which public space do you use most often?”。先给直接回应，再讲真实细节，最后说明感受或判断。录音后合上材料重说一次。

10 Review Checklist

优先掌握：make a city more liveable · have access to green space · meet the needs of residents

□ 能区分至少两种相近表达的语气和场景

□ 两天后无提示回忆三条优先表达

□ 一周后把其中一条迁移到另一个话题

44 环境与日常选择 | Environment and Daily Choices

01 Topic Introduction

环境讨论宜从可执行的日常选择出发，同时区分个人责任与制度条件。避免把任何一个小习惯说成解决所有问题。

02 Core Natural Expressions

01 cut back on waste • 减少浪费

I've cut back on food waste by planning meals more carefully.

场景：谈个人改变 · cut back on 表示减少，不是完全消除。

02 make a difference over time • 长期产生影响

Small changes can make a difference over time if many people can keep them up.

场景：谈累积效果 · 效果大小仍需要证据。

03 be realistic about change • 现实地看待改变

We need to be realistic about what people can do without better transport.

场景：谈限制 · 不是反对改变。

04 take small steps • 从小处做起

I started with small steps that fit my routine.

场景：谈可持续行动 · 不是逃避更大问题。

05 in the long run • 从长远看

In the long run, better infrastructure may matter more than individual reminders.

场景：谈长期影响 · 不要用于明天的变化。

06 on a daily basis • 每天

I notice how much packaging I use on a daily basis.

场景：谈频率 · 日常口语里 every day 往往更简洁。

07 phase out • 逐步淘汰

The campus plans to phase out single-use cups.

场景：谈制度改变 · 通常有阶段性，不是立即停止。

08 be responsible for • 对某事负责

Companies should be responsible for the waste their products create.

场景：谈责任分配 · 不要把全部责任归给一种角色。

03 Phrasal Verbs & Prepositional Phrases

回看上方完整例句，观察搭配中的介词、句法位置和使用边界；随后换成自己的真实情境。

cut back on waste • 减少浪费

cut back on 表示减少，不是完全消除。

in the long run • 从长远看

不要用于明天的变化。

phase out • 逐步淘汰

通常有阶段性，不是立即停止。

be responsible for • 对某事负责

不要把全部责任归给一种角色。

04 Familiar Words, New Meanings

footprint • 环境足迹

Travel choices affect my carbon footprint.

技术语境，不是地上的脚印。

cost • 代价

The environmental cost isn't reflected in the price.

不只指钱。

05 Sentence Patterns

The way I see it, ...

The way I see it, small choices matter when systems make them possible. 在我看来，当制度让小选择变得可行时，它们才有意义。

跨话题迁移：The way I see it, the team needs more balance in midfield.

What it comes down to is ...

What it comes down to is whether the better option is affordable and convenient. 关键在于更好的选项是否价格合理、方便使用。

跨话题迁移：What it comes down to is how much time we can commit.

I have mixed feelings about ...

I have mixed feelings about putting all the responsibility on individuals. 把责任全压在个人身上，我觉得有些复杂。

跨话题迁移：I have mixed feelings about the transfer: he is talented, but the fee is high.

In the long run, ...

In the long run, better infrastructure may make a bigger difference than guilt. 从长远看，更好的基础设施可能比内疚感更有效。

跨话题迁移：In the long run, investing in young players may pay off.

06 Say It More Naturally

I help the environment. → I've cut back on food waste, though I know individual action has limits.

具体且不过度夸大。

Everyone should change. → People need practical options before we can expect large changes.

考虑条件和可行性。

This will solve it. → It could make a difference over time, but it won't solve the problem on its own.

避免无证据的强承诺。

07 Conversation Questions

1. What environmental choice have you actually managed to keep up?
2. What makes a low-waste habit difficult in daily life?
3. Where does individual choice matter most?
4. What should companies or cities change to make better choices easier?

5. How do you discuss environmental action without blaming people who have fewer options?

08 Active Recall & Substitution

无提示回忆

只看中文线索“减少浪费”，说一句与你自己的经历有关的完整英文句子。

内容替换

把“cut back on waste”换到另一个真实场景中；检查原有语气和含义是否仍成立。

互动回应

让搭档追问“Where does individual choice matter most?”，不看本章材料即兴回答，并至少用一次本章表达。

09 Speaking Challenge

用 1–3 分钟回答“What environmental choice have you actually managed to keep up?”。先给直接回应，再讲真实细节，最后说明感受或判断。录音后合上材料重说一次。

10 Review Checklist

优先掌握：cut back on waste · make a difference over time · be realistic about change

- □ 能区分至少两种相近表达的语气和场景
- □ 两天后无提示回忆三条优先表达
- □ 一周后把其中一条迁移到另一个话题

45 消费与幸福感 | Money and Happiness

01 Topic Introduction

消费与幸福感的讨论需要避免简单地说钱不重要。练习谈基本安全感、体验与个人差异。

02 Core Natural Expressions

01 take something for granted • 把某事视为理所当然

I used to take having free time for granted when I was younger.

场景：谈未曾意识到的价值 · 后接被忽视的事物。

02 live within my means • 量入为出

I try to live within my means while still saving for trips.

场景：谈财务习惯 · 口语常见，但不要作为财务建议。

03 spend money on experiences • 把钱花在体验上

I'd rather spend money on experiences I remember than on things I rarely use.

场景：谈消费偏好 · 是个人偏好，不是普遍真理。

04 feel financially secure • 有经济安全感

It's easier to relax when you feel financially secure.

场景：谈基本需要 · 不是必须富有。

05 in the short term • 短期内

Buying something new can feel exciting in the short term.

场景：比较时间尺度 · 可与 in the long run 对比。

06 at the expense of • 以牺牲某事为代价

I don't want to save money at the expense of every enjoyable activity.

场景：谈极端节俭代价 · 明确被牺牲的东西。

07 add up • 小支出累积

The little subscriptions add up even when each one seems cheap.

场景：谈日常花费 · 强调累积。

08 be worth it • 值得

The trip cost more than expected, but it was worth it for me.

场景：评价个人价值 · it 指明确的支出或努力。

03 Phrasal Verbs & Prepositional Phrases

回看上方完整例句，观察搭配中的介词、句法位置和使用边界；随后换成自己的真实情境。

take something for granted • 把某事视为理所当然

后接被忽视的事物。

live within my means • 量入为出

口语常见，但不要作为财务建议。

at the expense of • 以牺牲某事为代价

明确被牺牲的东西。

add up • 小支出累积

强调累积。

04 Familiar Words, New Meanings

security • 稳定感

A stable income can give people a sense of security.

不只是保安或网络安全。

value • 真正重视的东西

My spending says a lot about what I value.

可作动词，不只是价格。

05 Sentence Patterns

The way I see it, ...

The way I see it, money matters most when it gives people security and choice. 在我看来，金钱最重要的作用是提供安全感和选择。

跨话题迁移：The way I see it, the team needs more balance in midfield.

I have mixed feelings about ...

I have mixed feelings about spending more to save time. 对花更多钱节省时间，我心情复杂。

跨话题迁移：I have mixed feelings about the transfer: he is talented, but the fee is high.

I would rather ... than ...

I would rather buy fewer things than keep replacing cheap ones. 我宁愿少买些，也不想反复更换廉价物品。

跨话题迁移：I would rather take the train than drive in the city.

In practice, ...

In practice, it's hard to separate spending from social pressure. 实际上，很难把消费与社交压力完全分开。

跨话题迁移：In practice, I rarely manage to stick to a rigid schedule.

06 Say It More Naturally

Money doesn't matter. → Financial security matters, but more spending doesn't always mean more happiness.

区分基本安全与额外消费。

Experiences are better. → I personally get more value from trips than from gadgets I rarely use.

表达个人偏好而非普遍法则。

It's cheap. → It seems cheap, but the cost adds up over a year.

补充时间尺度。

07 Conversation Questions

1. What kinds of spending genuinely improve your daily life?
2. Do you remember experiences more than things you've bought?
3. What does financial security mean to you?
4. Can trying to save money sometimes come at another cost?
5. How much should we generalise from our own spending preferences?

08 Active Recall & Substitution

无提示回忆

只看中文线索“把某事视为理所当然”，说一句与你自己的经历有关的完整英文句子。

内容替换

把“take something for granted”换到另一个真实场景中；检查原有语气和含义是否仍成立。

互动回应

让搭档追问“What does financial security mean to you?”，不看本章材料即兴回答，并至少用一次本章表达。

09 Speaking Challenge

用 1–3 分钟回答“What kinds of spending genuinely improve your daily life?”。先给直接回应，再讲真实细节，最后说明感受或判断。录音后合上材料重说一次。

10 Review Checklist

优先掌握：take something for granted · live within my means · spend money on experiences

□ 能区分至少两种相近表达的语气和场景

□ 两天后无提示回忆三条优先表达

□ 一周后把其中一条迁移到另一个话题

46 成功的定义 | What Success Means

01 Topic Introduction

成功的定义会随人生阶段改变。练习说清评价标准、过程与结果之间的关系，避免把个人目标包装成普遍标准。

02 Core Natural Expressions

01 measure success by • 以某标准衡量成功

I no longer measure success only by the final score.

场景：谈评价标准 · by 后接衡量依据。

02 meet expectations • 达到期待

The project met our main expectations, though there is room to improve.

场景：谈成果 · 需要说明是谁的期待。

03 be proud of the process • 为过程感到自豪

I'm proud of the process even though the result wasn't perfect.

场景：谈努力与结果 · 不等于结果不重要。

04 change my idea of success • 改变对成功的看法

Working with others changed my idea of success.

场景：谈价值观变化 · 说明变化缘由。

05 on my own terms • 按自己的标准

I want to define progress on my own terms rather than copy someone else's path.

场景：谈自主标准 · 不意味着忽视他人。

06 in the long run • 从长期看

In the long run, staying curious may matter more to me than one award.

场景：谈时间尺度 · 是个人判断，不是普遍定律。

07 fall short of • 未达到

The result fell short of what we hoped for, but the method improved.

场景：谈未达目标 · 语气比 failed 更精确。

08 build on • 在已有成果上继续

We can build on this progress instead of starting over.

场景：谈下一步 · 强调已有基础。

03 Phrasal Verbs & Prepositional Phrases

回看上方完整例句，观察搭配中的介词、句法位置和使用边界；随后换成自己的真实情境。

measure success by • 以某标准衡量成功

by 后接衡量依据。

on my own terms • 按自己的标准

不意味着忽视他人。

fall short of • 未达到

语气比 failed 更精确。

build on • 在已有成果上继续

强调已有基础。

04 Familiar Words, New Meanings

achievement • 具体成就

Finishing the project was a real achievement for the team.

不一定需要社会认可。

progress • 进展

I made progress even without reaching the target yet.

不等于已经成功完成。

05 Sentence Patterns

What it comes down to is ...

What it comes down to is whether my work feels meaningful to me. 关键在于我的工作对我是否有意义。

跨话题迁移：What it comes down to is how much time we can commit.

I have mixed feelings about ...

I have mixed feelings about measuring success only by income. 对只用收入衡量成功，我感受复杂。

跨话题迁移：I have mixed feelings about the transfer: he is talented, but the fee is high.

What stood out to me was ...

What stood out to me was how satisfied she was with a modest role. 让我印象最深的是她对一份普通工作也感到满足。

跨话题迁移：What stood out to me was how welcoming the people were.

In the long run, ...

In the long run, I want success to include health and relationships. 从长远看，我希望成功也包括健康与人际关系。

跨话题迁移：In the long run, investing in young players may pay off.

06 Say It More Naturally

I succeeded. → The result met our target, and the process taught us something useful.

具体说明成功标准。

I failed. → We fell short of the target but learned which part of the method needs work.

区分结果与过程。

Success means money. → Financial security matters to me, but it isn't my only measure of success.

保留合理部分，避免绝对化。

07 Conversation Questions

1. What does success mean to you at this stage of life?
2. Has your definition changed over time?
3. Do you judge an effort mainly by its result or its process?
4. Can someone make progress even when a target isn't met?
5. How can we respect different definitions of success without giving up standards?

08 Active Recall & Substitution

无提示回忆

只看中文线索“以某标准衡量成功”，说一句与你自己的经历有关的完整英文句子。

内容替换

把“measure success by”换到另一个真实场景中；检查原有语气和含义是否仍成立。

互动回应

让搭档追问“Do you judge an effort mainly by its result or its process?”，不看本章材料即兴回答，并至少用一次本章表达。

09 Speaking Challenge

用 1–3 分钟回答“What does success mean to you at this stage of life?”。先给直接回应，再讲真实细节，最后说明感受或判断。录音后合上材料重说一次。

10 Review Checklist

优先掌握：measure success by · meet expectations · be proud of the process

□ 能区分至少两种相近表达的语气和场景

□ 两天后无提示回忆三条优先表达

□ 一周后把其中一条迁移到另一个话题

47 文化差异 | Cultural Differences

01 Topic Introduction

文化差异话题要把个人观察与对整个群体的断言分开。练习提出问题、解释误解并寻找共同点。

02 Core Natural Expressions

01 make assumptions • 想当然

I try not to make assumptions about people based on one interaction.

场景：谈跨文化理解 · assumptions 可能来自有限经验。

02 pick up on social cues • 察觉社交暗示

It took me time to pick up on the social cues in a new setting.

场景：谈适应 · 不表示有唯一正确规则。

03 ask rather than guess • 询问而非猜测

When I'm unsure, I try to ask rather than guess what someone means.

场景：谈沟通策略 · 询问方式要尊重对方。

04 find common ground • 找到共同点

Talking about sport helped us find common ground.

场景：谈建立联系 · 不要求消除所有差异。

05 in that context • 在那个语境里

A direct question may sound normal in that context.

场景：谈情境限制 · 避免把个人场景泛化。

06 from my experience • 从我的经历看

From my experience, the first few weeks involved a lot of small misunderstandings.

场景：限定观察范围 · 不是总体统计证据。

07 come across as • 给人某种印象

My message may have come across as too direct.

场景：谈误解 · 印象不等于意图。

08 clear up a misunderstanding • 澄清误会

We cleared up the misunderstanding once we talked in person.

场景：谈修复 · clear up 强调说明白。

03 Phrasal Verbs & Prepositional Phrases

回看上方完整例句，观察搭配中的介词、句法位置和使用边界；随后换成自己的真实情境。

pick up on social cues • 察觉社交暗示

不表示有唯一正确规则。

find common ground • 找到共同点

不要求消除所有差异。

come across as • 给人某种印象

印象不等于意图。

clear up a misunderstanding • 澄清误会

clear up 强调说明白。

04 Familiar Words, New Meanings

direct • 说话直接

Her reply sounded direct but not unfriendly.

不一定表示无礼。

custom • 习惯做法

I wasn't familiar with the local custom at first.

不是“客户”。

05 Sentence Patterns

I may be wrong, but ...

I may be wrong, but that gesture might mean something different here. 也许我理解错了，但这个手势在这里可能有不同含义。

跨话题迁移：I may be wrong, but I think the museum closes at six.

If I understand you correctly, ...

If I understand you correctly, it's more polite to wait until everyone arrives. 如果我没理解错，等所有人到齐会更礼貌。

跨话题迁移：If I understand you correctly, the deadline has moved to Friday.

That's not quite what I meant.

That's not quite what I meant. I was asking about the custom, not criticising it. 我不是那个意思。我是在询问习俗，而不是批评它。

跨话题迁移：That's not quite what I meant. I meant next week, not tomorrow.

What do you mean by ...?

What do you mean by “formal” in this situation? 在这种场合，“正式”具体指什么？

跨话题迁移：What do you mean by a flexible schedule?

06 Say It More Naturally

People there are different. → In the situations I experienced, people were more direct than I expected.

限定样本，避免概括整个群体。

He was rude. → His message came across as abrupt, but I may have missed the context.

区分印象与事实。

I understood later. → Asking a simple question helped clear up the misunderstanding.

说明具体修复方法。

07 Conversation Questions

1. Have you ever misunderstood a social cue in a new place?
2. How did you realise the misunderstanding?
3. What helps you avoid making assumptions about others?
4. When might it be better to ask a direct question?
5. How can people discuss cultural differences without turning observations into stereotypes?

08 Active Recall & Substitution

无提示回忆

只看中文线索“想当然”，说一句与你自己的经历有关的完整英文句子。

内容替换

把“pick up on social cues”换到另一个真实场景中；检查原有语气和含义是否仍成立。

互动回应

让搭档追问“What helps you avoid making assumptions about others?”，不看本章材料即兴回答，并至少用一次本章表达。

09 Speaking Challenge

用 1–3 分钟回答“Have you ever misunderstood a social cue in a new place?”。先给直接回应，再讲真实细节，最后说明感受或判断。录音后合上材料重说一次。

10 Review Checklist

优先掌握：make assumptions · pick up on social cues · ask rather than guess

- □ 能区分至少两种相近表达的语气和场景
- □ 两天后无提示回忆三条优先表达
- □ 一周后把其中一条迁移到另一个话题

48 做决定与不确定性 | Decisions and Uncertainty

01 Topic Introduction

做决定与不确定性时，练习说出尚未知道什么、哪些选项可排除，以及何时必须作决定。

02 Core Natural Expressions

01 be on the fence • 犹豫不决

I'm still on the fence about whether to take the course next term.

场景：谈未定选择 · 通常有两个方向。

02 rule something out • 排除某选项

I wouldn't rule out moving, but I need to know more about the costs.

场景：谈可能性 · 否定形式表示仍保留可能。

03 deal with uncertainty • 应对不确定性

I find it easier to deal with uncertainty when I know my next step.

场景：谈心理策略 · 不是消除不确定性。

04 make the best call I can • 尽力作出合理决定

I'll make the best call I can with the information I have.

场景：谈有限信息决策 · call 作名词表示判断。

05 for the time being • 暂时

For the time being, I'll focus on collecting more information.

场景：谈临时安排 · 暗示后续会再决定。

06 on the spot • 当场

I don't like making major decisions on the spot.

场景：谈临场压力 · 强调没准备时间。

07 weigh up the options • 权衡选择

I'm weighing up the options rather than rushing into a decision.

场景：谈决策过程 · 英式较常见，美式也可 weigh the options。

08 sleep on it • 过一夜再想

If it isn't urgent, I'd rather sleep on it.

场景：谈延迟决定 · 对有截止时间的事要注意回应期限。

03 Phrasal Verbs & Prepositional Phrases

回看上方完整例句，观察搭配中的介词、句法位置和使用边界；随后换成自己的真实情境。

be on the fence • 犹豫不决

通常有两个方向。

rule something out • 排除某选项

否定形式表示仍保留可能。

for the time being • 暂时

暗示后续会再决定。

on the spot • 当场

强调没准备时间。

04 Familiar Words, New Meanings

call • 判断或决定

It was a difficult call, but I think it was reasonable.

不是电话。

hold • 暂缓

Let's put the decision on hold until we get the figures.

不是手持。

05 Sentence Patterns

It depends on ...

It depends on how much information we can gather before deciding. 这取决于做决定前能收集到多少信息。

跨话题迁移：It depends on how much time we have before the trip.

I may be wrong, but ...

I may be wrong, but waiting longer may not make the choice easier. 也许我判断错了，但再等下去未必会更容易选。

跨话题迁移：I may be wrong, but I think the museum closes at six.

I'm leaning towards ...

I'm leaning towards the safer option for now. 目前我倾向于更稳妥的选择。

跨话题迁移：I'm leaning towards staying in this weekend.

I don't want to jump to conclusions.

I don't want to jump to conclusions before hearing the other side. 听到另一方的说法前，我不想草率下结论。

跨话题迁移：We lost one match, but I don't want to jump to conclusions about the manager.

06 Say It More Naturally

I don't know. → I'm still weighing up the options and need one more piece of information.

说明决策卡在哪里；真的不知道时简单句也诚实。

Maybe I will go. → I wouldn't rule out going, but the dates would have to work.

表达开放与条件。

I will decide now. → I'd rather sleep on it unless you need an answer tonight.

尊重对方期限，同时争取思考时间。

07 Conversation Questions

1. What decision are you currently weighing up?
2. Which option can you rule out, and why?
3. What information would help you decide?
4. When do you trust your judgement under uncertainty?
5. How do you avoid waiting forever for perfect information?

08 Active Recall & Substitution

无提示回忆

只看中文线索“犹豫不决”，说一句与你自己的经历有关的完整英文句子。

内容替换

把“be on the fence”换到另一个真实场景中；检查原有语气和含义是否仍成立。

互动回应

让搭档追问“What information would help you decide?”，不看本章材料即兴回答，并至少用一次本章表达。

09 Speaking Challenge

用 1–3 分钟回答“What decision are you currently weighing up?”。先给直接回应，再讲真实细节，最后说明感受或判断。录音后合上材料重说一次。

10 Review Checklist

优先掌握：be on the fence · rule something out · deal with uncertainty

□ 能区分至少两种相近表达的语气和场景

□ 两天后无提示回忆三条优先表达

□ 一周后把其中一条迁移到另一个话题

49 终身学习 | Lifelong Learning

01 Topic Introduction

终身学习的讨论适合区分保持好奇、跟上变化和真正把新知识用起来。不要把持续学习变成不断收集课程的压力。

02 Core Natural Expressions

01 stay curious • 保持好奇

I try to stay curious even when a topic isn't directly related to my job.

场景：谈学习态度 · 不等于每天都要学新内容。

02 keep up with changes • 跟上变化

It's hard to keep up with every change in machine learning.

场景：谈领域变化 · 可选择重点，不必追所有更新。

03 learn at my own pace • 按自己节奏学

Online courses let me learn at my own pace.

场景：谈学习方式 · 不等于没有截止日期。

04 put new ideas to use • 把新想法用起来

I remember ideas better when I put them to use in a real project.

场景：谈输出 · to use 是固定搭配。

05 in practice • 在实践中

Some ideas only make sense when I try them in practice.

场景：谈应用 · 不要把它误作“在练习题里”。

06 over time • 随着时间推移

Small improvements add up over time.

场景：谈积累 · 不保证每次进步线性。

07 go back to basics • 回头补基础

When I get confused, I go back to basics rather than memorise more terms.

场景：谈学习修正 · 对高水平学习者同样有用。

08 get the hang of • 逐渐掌握

It took me a while to get the hang of the new software.

场景：谈学习阶段 · 非正式，不表示完全精通。

03 Phrasal Verbs & Prepositional Phrases

回看上方完整例句，观察搭配中的介词、句法位置和使用边界；随后换成自己的真实情境。

keep up with changes • 跟上变化

可选择重点，不必追所有更新。

put new ideas to use • 把新想法用起来

to use 是固定搭配。

go back to basics • 回头补基础

对高水平学习者同样有用。

get the hang of • 逐渐掌握

非正式，不表示完全精通。

04 Familiar Words, New Meanings

field • 学科或专业领域

The field changes quickly, so I focus on core ideas.

不是田野。

material • 学习材料

I only keep material I know I will revisit.

不只是物质。

05 Sentence Patterns

I used to think ..., but I've come to realize ...

I used to think learning ended with formal study, but I've come to realize it can happen anywhere. 我以前认为学习在正规教育结束后就停止了，后来才明白任何地方都能学。

跨话题迁移：I used to think the metric told the whole story, but I've come to realize it misses context.

It took me a while to ...

It took me a while to become comfortable asking basic questions again. 我花了一段时间才重新习惯问基础问题。

跨话题迁移：It took me a while to settle into the new city.

The more ..., the more ...

The more I learn about the subject, the more questions I have. 我越了解这个主题，问题就越多。

跨话题迁移：The more I read about the topic, the more questions I have.

In the long run, ...

In the long run, curiosity matters more than collecting certificates. 从长远看，好奇心比收集证书更重要。

跨话题迁移：In the long run, investing in young players may pay off.

06 Say It More Naturally

I study a lot. → I try to put one new idea to use before moving on to another.

强调应用而非数量。

I can't follow everything. → I choose a few sources to keep up with rather than every new update.

合理缩小信息范围。

I forgot basics. → I went back to basics to understand the new method properly.

把回顾基础看作策略而非失败。

07 Conversation Questions

1. What have you learned recently just out of curiosity?
2. How do you decide which new developments to keep up with?
3. What helps you put a new idea into practice?
4. Have you ever benefited from going back to basics?
5. How can people keep learning without feeling they must follow everything?

08 Active Recall & Substitution

无提示回忆

只看中文线索“保持好奇”，说一句与你自己的经历有关的完整英文句子。

内容替换

把“keep up with changes”换到另一个真实场景中；检查原有语气和含义是否仍成立。

互动回应

让搭档追问“What helps you put a new idea into practice?”，不看本章材料即兴回答，并至少用一次本章表达。

09 Speaking Challenge

用 1–3 分钟回答“What have you learned recently just out of curiosity?”。先给直接回应，再讲真实细节，最后说明感受或判断。录音后合上材料重说一次。

10 Review Checklist

优先掌握：stay curious · keep up with changes · learn at my own pace

- □ 能区分至少两种相近表达的语气和场景
- □ 两天后无提示回忆三条优先表达
- □ 一周后把其中一条迁移到另一个话题

50 科技如何改变交流 | Technology and Communication

01 Topic Introduction

科技改变交流的方式，既能维系远距离关系，也可能减少面对面互动。练习说出具体机制与适用条件，避免“科技让人更疏远”的绝对句。

02 Core Natural Expressions

01 stay connected • 保持联系

Video calls help me stay connected with friends who live abroad.

场景：谈远距离关系 · 不代表关系一定亲近。

02 lose the personal touch • 失去人情味

Automated replies can save time but sometimes lose the personal touch.

场景：谈沟通质量 · 不是反对所有自动化。

03 get my point across • 把意思说清

It's easier for me to get my point across in a call than in a short message.

场景：谈表达媒介 · 强调对方能理解。

04 make space for face-to-face talk • 留出面对面交流时间

I try to make space for face-to-face talk when a conversation matters.

场景：谈沟通选择 · 不是每件小事都要见面。

05 in real time • 实时地

Messages let us solve small problems in real time.

场景：谈技术优势 · 说明同步速度。

06 out of context • 脱离语境

A short text can sound harsh when it's read out of context.

场景：谈误解 · 包括前后文与语气线索。

07 follow up with a call • 再打电话跟进

If a message gets confusing, I follow up with a call.

场景：谈修复误解 · with 后接后续方式。

08 on the same page • 有共同理解

A quick conversation helps us get on the same page before making a decision.

场景：谈重要沟通 · 不表示完全同意。

03 Phrasal Verbs & Prepositional Phrases

回看上方完整例句，观察搭配中的介词、句法位置和使用边界；随后换成自己的真实情境。

lose the personal touch • 失去人情味

不是反对所有自动化。

get my point across • 把意思说清

强调对方能理解。

follow up with a call • 再打电话跟进

with 后接后续方式。

on the same page • 有共同理解

不表示完全同意。

04 Familiar Words, New Meanings

tone • 语气

It's hard to read someone's tone in a short message.

不是只有声音的高低。

reach • 联系到某人

I can reach my family quickly even when I'm away.

不只是伸手够到。

05 Sentence Patterns

The way I see it, ...

The way I see it, video calls help us stay close, but some talks are better in person. 在我看来，视频通话能帮我们保持亲近，但有些话还是当面说更好。

跨话题迁移：The way I see it, the team needs more balance in midfield.

That's not quite what I meant.

That's not quite what I meant. I meant the message sounded abrupt, not that you were rude. 我不是说你无礼，而是说那条消息听起来有些生硬。

跨话题迁移：That's not quite what I meant. I meant next week, not tomorrow.

I have mixed feelings about ...

I have mixed feelings about being reachable all the time. 对随时都能被联系到，我心情复杂。

跨话题迁移：I have mixed feelings about the transfer: he is talented, but the fee is high.

In practice, ...

In practice, a quick call often clears up a confusing message. 实际上，一通简短电话往往能澄清令人困惑的消息。

跨话题迁移：In practice, I rarely manage to stick to a rigid schedule.

06 Say It More Naturally

Technology is bad for communication. → Messages help me stay connected, but complex conversations can be easier in person.

区分任务和媒介。

We misunderstood. → The message sounded abrupt without context, so we followed up with a call.

解释误解机制与修复。

I said it clearly. → I wasn't sure I'd got my point across, so I checked what they understood.

把清晰度交给实际理解检验。

07 Conversation Questions

1. Which conversations do you prefer to have face to face?
2. When does messaging help you stay close to someone?
3. Have you ever misread the tone of a short message?
4. How do you repair an online misunderstanding?

5. Do new tools change the quality of relationships, or mainly the way we manage them?

08 Active Recall & Substitution

无提示回忆

只看中文线索“保持联系”，说一句与你自己的经历有关的完整英文句子。

内容替换

把“lose the personal touch”换到另一个真实场景中；检查原有语气和含义是否仍成立。

互动回应

让搭档追问“Have you ever misread the tone of a short message?”，不看本章材料即兴回答，并至少用一次本章表达。

09 Speaking Challenge

用 1–3 分钟回答“Which conversations do you prefer to have face to face?”。先给直接回应，再讲真实细节，最后说明感受或判断。录音后合上材料重说一次。

10 Review Checklist

优先掌握：stay connected · lose the personal touch · get my point across

- □ 能区分至少两种相近表达的语气和场景
- □ 两天后无提示回忆三条优先表达
- □ 一周后把其中一条迁移到另一个话题

PART VI 个人专属英语口语专题

以下是按你的目标设计的预设训练；没有真实口语记录时不推断个人错误。

01 日常英语互动

目标是在寒暄、追问、澄清和结束话题之间自然切换，而不只准备一段独白。先用真实近况练，再加入朋友、阅读、健身与旅行。

回应近况

直接说一句真实情况，再给对方可以接话的细节。例如 “I've had a busy week, but I finally got back to the gym.”；不必一开口就堆四个短语。

继续对话

“How about you?” 能把话题交回去；“What got you into that?” 可追问兴趣起点；“That sounds like a lot to deal with” 则在对方讲压力时更有回应感。

修复与收尾

没听清时问 “Sorry, did you say Friday or Saturday?”；表达误会时说 “That's not quite what I meant.”；结束时先交代原因，再说 “I should let you get back to it.”

情景对话

近况与追问

A: What have you been up to lately? B: Mostly research and football. I finally got back into a regular training routine. A: Nice. What changed? B: I started keeping the sessions short enough to fit around my work.

回应后给出可追问的细节，而不是背完一段独白。

澄清与结束

A: So you mean the project is finished? B: Not quite. The data collection is done, but I still need to check the results. I should let you get back to it, though.

礼貌修复误解，再自然结束。

高价值表达

What have you been up to lately? • 最近在忙什么

What have you been up to lately, apart from work?

适合熟人之间，不需要正式汇报。

Not much, really. • 没什么特别的

Not much, really. I've mostly been getting back into a routine.

之后补一个细节，避免对话戛然而止。

That makes sense. • 这样说有道理

That makes sense if you've had a lot on your plate.

表示理解逻辑，不一定完全同意。

I see where you're coming from. • 我理解你为什么这么想

I see where you're coming from, but I'd still like to try it.

可接委婉异议。

Come to think of it, ... • 这么一想

Come to think of it, I saw a similar story last week.

用于当场想起关联，不作装饰性开场。

Speaking of which, ... • 说到这件事

Speaking of which, how did your trip go?

真正有关联时自然转话题。

I didn't quite catch that. • 我没听清

I didn't quite catch that. Which station did you say?

礼貌要求重复具体部分。

I should let you get back to it. • 我不耽误你了

It's getting late, so I should let you get back to it.

适合友好结束，避免突然消失。

讨论问题

1. How would you answer “How have you been?” without sounding rehearsed?

2. How could you ask a natural follow-up about a friend's weekend?

3. What would you say if you only heard half of an invitation?

4. How would you disagree gently about a film?

5. How would you end a conversation when the other person needs to work?

主动练习

1. 用 90 秒进行寒暄对话：回答近况、追问一次，再根据对方回答接话。

2. 让搭档故意误解你的一点意思，练习澄清而不重复原句。

3. 录下 2 分钟对话，标出你回应对方的句子；如果只有自我陈述，重练追问。

02 足球与足球比赛分析

把球迷聊天、赛事评论和专业分析分开练。同一个判断在不同场景里需要不同的证据与语气。

球迷聊天

可以直接说 “He was brilliant today” 或 “We looked flat after half-time”。这类表达重即时感受，不必装成技术报告。

赛事评论

说明场上可观察的变化： “They started pressing higher after the break, which forced more turnovers.” 把时间、动作和结果连起来。

专业分析

限定证据： “The numbers suggest he progressed the ball well, but I'd want to watch the full match before judging his off-ball work.” 数据和观察互补，不把单项指标当定论。

情景对话

球迷聊天

A: Did you catch the match? B: Yes. They looked much sharper after the break, but I wouldn't read too much into one half. A: What changed? B: They pressed higher and gave the midfield less time on the ball.

先观察，再给可见的原因，避免夸大。

分析讨论

A: Was the full-back to blame for the goal? B: Partly, but the midfield left too much space behind him. I'd want to watch the build-up again before pinning it all on one player.

表达不确定性和多因素解释。

高价值表达

press high up the pitch • 在前场高位逼抢

They pressed high up the pitch for the first twenty minutes.

球迷和评论均常用，说明时间段。

create space between the lines • 在两条防线之间制造空间

Her movement created space between the lines for the midfielders.

专业分析常见，最好指出谁利用空间。

track back • 回追防守

The winger tracked back whenever the full-back pushed forward.

描述无球贡献。

turn the game around • 扭转比赛

Two substitutions helped turn the game around after half-time.

要有前后变化，不只因赢球就使用。

against the run of play • 与场面趋势相反地

They scored against the run of play after absorbing pressure.

赛事评论表达，需先确认场面趋势。

be caught out of position • 被抓住站位不当

The centre-back was caught out of position on the counterattack.

评价球员时结合具体回合。

have a quiet game • 发挥不显眼

He had a quiet game, though his movement still helped the team.

不等于完全踢得差。

be a fair reflection of the game • 真实反映比赛过程

A draw felt like a fair reflection of the game.

是判断，不是客观事实。

讨论问题

1. What changed tactically after half-time?

2. Which player influenced the match without scoring?

3. Was the result a fair reflection of the game?

4. What would you check before calling a player “poor”?

5. How would you explain the match differently to a friend and to an analyst?

主动练习

1. 用 60 秒球迷语气总结一场比赛，再用 90 秒评论语气重说。

2. 挑一个球员，给出两条场上观察和一条数据限制，不只报进球助攻。

3. 听一段比赛评论，标出事实、推断和个人评价各一条。

03 体育商业与俱乐部管理

专业表达应能用于口头讨论，而不是变成论文摘要。练习解释市场价值、预算、招聘与长期规划之间的关系。

先定义讨论对象

“market value” 可指公开平台估值、预期转会费或模型目标变量，含义不同。讨论前先问对方指哪一种。

把发现连到决策

数据结论必须回答“俱乐部下一步能做什么”。例如某位置有低成本候选人时，还要讨论合同、适应联赛和伤病风险。

控制语气

球迷可说 “The fee looks steep.”；俱乐部内部更可能说 “At that price, we'd need stronger evidence that he fits the role.”

情景对话

引援会议

A: Would you recommend this player at that price? B: The performance data look promising, but we need to factor in wages and resale value. I'd compare him with two lower-cost options before making a call.

把数据、成本和决策联系起来。

战略取舍

A: Should we prioritize immediate results? B: We have to stay competitive now, but not at the expense of the club's long-term finances.

用 at the expense of 表达代价。

高价值表达

market value • 市场价值

We need to define market value before comparing the players.

先界定口径。

transfer fee • 转会费

A high market value doesn't guarantee that a club will pay that transfer fee.

与估值区分。

fit the profile • 符合引援画像

He fits the profile, but the wage demands may be too high.

包含技战术与预算约束。

on a limited budget • 预算有限

On a limited budget, the club may need to target younger players.

说明前提。

get value for money • 获得较好投入产出

The signing gave the club value for money over three seasons.

评价要有时间跨度。

take a long-term view • 着眼长期

The club needs to take a long-term view of squad building.

不是忽视当季表现。

follow through on a strategy • 落实战略

A club needs to follow through on its recruitment strategy.

计划与执行分开。

account for contract length • 考虑合同期限

We need to account for contract length when comparing valuations.

指出关键变量。

讨论问题

1. What exactly do you mean by a player's market value?
2. How would you explain a transfer fee to a non-specialist?
3. Which constraints matter besides predicted performance?
4. When does a low-cost signing represent good value?
5. How can a club balance short-term results and long-term squad planning?

主动练习

1. 用 90 秒口头说明“市场价值”与“实际转会费”的区别。
2. 假设俱乐部预算有限，解释两个引援选项的主要取舍，不假装数据能自动决策。
3. 把一句书面化研究结论改成可在会议上说出口的两句英文。

04 学术研究与导师沟通

训练能够当场说清研究问题、当前进度和不确定性。允许使用专业术语，但每个术语都要服务于解释。

汇报进度

用“已完成—遇到的问题—下一步”三段即可： “I've cleaned the first dataset. One issue is missing values across seasons. Next, I'll check whether the same pattern holds in another league.”

讨论方法

当导师提出不同建议时，先复述确认： “If I understand you correctly, you're suggesting a simpler baseline.” 再说明自己的想法。

表达限制

“This is promising, but I don't want to overstate it.” 比假装结论已确定更专业。对证据不够的地方明确说还需核查。

情景对话

导师会议

Supervisor: What would you like feedback on today? Student: I've narrowed down the research question. I'm still unsure whether the second dataset is comparable, so I'd value your view on the study design.

主动提出具体反馈请求。

回应质疑

Supervisor: Isn't the sample too small? Student: That's a fair concern. I'm treating this as an exploratory result and will check whether the pattern holds in another season.

承认限制并说明下一步。

高价值表达

narrow down the research question • 缩小研究问题

I'm narrowing down the research question before choosing the final variables.

进度表述，不等于没有方向。

walk someone through the method • 带对方逐步了解方法

I can walk you through the method if that would help.

会议中很自然。

hold up under scrutiny • 经得起细查

I'm not sure the conclusion holds up under scrutiny yet.

审慎质疑结果。

on the same page • 理解一致

Could we make sure we're on the same page about the outcome variable?

讨论前确认定义。

come back to a point • 稍后回到一点

Could we come back to that point after I've explained the data?

管理讨论顺序。

be careful about claiming • 谨慎作出某种主张

I'd be careful about claiming a causal effect from these results.

精确表明限制。

follow up with • 会后跟进

I'll follow up with a short summary after the meeting.

明确下一步。

at this stage • 现阶段

At this stage, I'm looking for feedback on the research question.

限定进度。

讨论问题

1. What question is your project trying to answer?

2. What have you completed since the last meeting?

3. Which assumption is most uncertain?

4. How would you respond if your supervisor challenged the method?

5. What specific feedback would you ask for next?

主动练习

1. 用 2 分钟做一次导师会议进度汇报，必须包括已完成、限制和下一步。

2. 请搭档提出一个不同方法，先复述确认，再给出你会如何测试的回答。

3. 将一段论文摘要压缩为三句能在走廊里自然说出的英文。

05 数据分析与机器学习讨论

说清目标变量、特征、基线、验证方式和局限。专业口语追求可理解的推理，不以术语密度衡量水平。

从问题出发

先说业务或研究问题： “We're trying to estimate market value, not predict an exact transfer fee.” 这样听众知道模型能回答什么。

解释模型比较

“The more complex model did better on the training data, but the gain didn't hold up on a new season.” 说明测试条件与结果，不只报一个分数。

承认限制

若数据代表性不足，说 “I'd be cautious about applying this to smaller leagues.” 不把暂时观察写成普遍定律。

情景对话

解释基线

Colleague: Why do we need a baseline? You already have a complex model. Analyst: We need to know whether the extra complexity actually helps. If it barely improves on a simple baseline, it may not be worth using.

向非技术听众说明比较价值。

解释泛化

Colleague: The training score looks strong. Analyst: It does, but the improvement didn't hold up on the new season. I'd be cautious about using it for recruitment decisions yet.

明确训练数据与新数据差异。

高价值表达

target variable • 目标变量

Our target variable is the reported market value, not the transfer fee.

先明确预测对象。

baseline model • 基线模型

We compare the new model against a simple baseline.

说明为什么比较。

hold out a season • 留出一个赛季作测试

We held out one season to see how well the model generalised.

解释验证设计。

account for • 考虑变量影响

We need to account for playing time when comparing players.

不暗示已经消除所有偏差。

pick up a pattern • 捕捉到模式

The model may be picking up a pattern that only exists in this dataset.

指出过拟合风险。

hold up on new data • 在新数据上仍成立

The improvement didn't hold up on data from another league.

结果迁移限制。

draw a conclusion • 得出结论

I wouldn't draw a strong conclusion from one split.

提醒证据强度。

get a clearer picture • 更清楚地了解

The additional features give us a clearer picture of the player's role.

不等于因果解释。

讨论问题

1. What exactly is the model trying to predict?

2. Why did you choose that baseline?

3. How did you test performance on unseen data?

4. Which result might reflect a data artefact rather than a real pattern?

5. How would you explain the model's limits to a club manager?

主动练习

1. 不用公式，用 90 秒向非技术同事解释目标变量和基线。

2. 比较两个模型时，必须说出测试数据、改进大小和一个限制。

3. 把“模型更好”改写成带具体指标与适用范围的口头表述。

06 海外大学生活

从课堂参与、行政沟通到建立社交联系，练习清楚提出需求并自然回应。

课堂讨论

先用一句话表明观点，再说明证据与限制。听不清时请求对方重述具体一点，比假装听懂更有用。

与教师沟通

把课程、截止时间、已尝试的步骤和希望得到的帮助说清。请求延期时给出真实原因和可行时间。

社交场合

用轻松的问题开启交流，顺着对方回答追问；对方无意继续时自然结束，不把每次对话当成口语考试。

情景对话

课后澄清

Student: Could I check what you mean by a critical review? Lecturer: You should compare the arguments, not just summarize them. Student: That helps. Would it be useful to include one example where the studies disagree?

先确认含义再追问可操作的标准。

申请帮助

Student: I've fallen behind on the reading after two deadlines overlapped. I've made a plan to catch up, but could we discuss which papers are most important for next week?

说明情况和已采取的行动。

高价值表达

settle into campus life • 逐渐适应校园生活

It took me a few weeks to settle into campus life.

描述适应过程。

get to grips with the system • 逐渐弄懂制度

I'm still getting to grips with the course registration system.

偏英式，也可说 get the hang of。

check in with my tutor • 与导师联系确认进展

I'll check in with my tutor before I submit the proposal.

简短沟通。

fall behind on the reading • 阅读任务落后

I fell behind on the reading when two deadlines overlapped.

on 后接任务。

make a case for an extension • 提出延期理由

I need to make a clear case for an extension.

正式沟通。

find my feet • 逐渐站稳脚跟

I was quiet in the first few seminars, but I'm finding my feet now.

偏英式。

join in the discussion • 参与讨论

I want to join in the discussion without interrupting anyone.

参与正在进行的活动。

head off after class • 下课后离开

I usually head off after class, but today I stayed to ask a question.

非正式。

讨论问题

1. What has been harder than you expected at university?

2. How would you ask a lecturer to clarify an assignment?

3. What would you say if you disagreed in a seminar?

4. How can you explain a deadline problem without sounding evasive?

5. What helps you feel part of a new community?

主动练习

1. 模拟课后询问：说明你已理解的部分，再问一个具体问题。

2. 用 60 秒解释一个真实或假设的截止时间冲突，提出可执行方案。

3. 录制 90 秒课堂发言：观点、理由、例子、限制各一句。

07 介词短语专项训练

按表达功能学习介词搭配，不把介词孤立记成中文对应词。

时间与进度

on track 表示按计划推进，behind schedule 表示进度落后，in the meantime 表示两个时间点之间的过渡。每个短语都配具体任务。

原因与关系

in response to、in light of、with regard to 偏正式；日常聊天常用 because、about。选择取决于听众与场景。

立场与程度

to some extent、from my point of view、under pressure 可限定观点。先说事实，再补充立场或背景，避免堆砌。

情景对话

进度汇报

A: Are we on track to finish? B: The analysis is on track, but the writing is behind schedule. In the meantime, I can draft the methods section.

同一段话中区分两个任务的进度。

语域选择

Friend: Why did you change the plan? You: The first results looked different, so we're trying a simpler approach. Supervisor: In light of the first results, I propose testing a simpler model.

日常与正式说法都自然，按对象选。

高价值表达

on track to finish • 有望按计划完成

We're on track to finish the review by Friday.

on track to do something。

behind schedule • 进度落后

We're a little behind schedule because the data arrived late.

描述进度。

in the meantime • 在此期间

The results will take a week; in the meantime, I'll clean the existing data.

时间过渡。

in light of the results • 鉴于结果

In light of the results, we should test a simpler model.

偏正式。

under pressure • 在压力下

I don't make my best decisions when I'm under pressure.

固定搭配。

at short notice • 临时通知的情况下

It's hard to rearrange a meeting at short notice.

偏英式，也通用。

on behalf of the team • 代表团队

I'm writing on behalf of the team to confirm the schedule.

正式沟通。

to some extent • 在某种程度上

I agree to some extent, but cost is still a concern.

限定认同。

讨论问题

1. Which phrases would you use with a friend, and which with a supervisor?
2. What task are you on track to finish?
3. When were you asked to do something at short notice?
4. How would you respond in light of unexpected results?
5. Do you work well under pressure? Give an example.

主动练习

1. 分别用 on track、behind schedule 描述同一个项目的两种状态。
2. 把“因为结果变了，我们要调整”说成日常版与正式版，比较语域。
3. 合上词表，用五个短语讲两分钟的真实计划，不能为了塞短语扭曲意思。

08 熟词生义专项训练

用常见词的真实口语意义提高理解与调用速度。

整句先行

take 在 take on responsibility 中是承担；work 在 that works for me 中是可行；point 在 get the point across 中是要表达的核心。先理解整句。

记录方法

遇到熟词新用法，记录说话人、场景、完整例句和自己的替换句，不只记单词加中文释义。

语气与上下文

fair enough 可以表示理解或接受，fine 有时含勉强意味。音调和上下文决定语气。

情景对话

work 的两种意思

A: Does Thursday work for you? B: Yes, that works for me. A: And does the software work on your laptop? B: Mostly, though it crashes when I open large files.

同一个 work 可表示时间安排可行，也可表示设备运行。

point 的两种意思

A: What's your main point? B: The model helps, but it shouldn't replace scouting. A: I see your point. We still need a broader picture.

表达核心观点与理解对方论点。

高价值表达

That works for me. • 这个安排对我可行。

Thursday afternoon works for me if it works for you.

work 表示安排可行。

I see your point. • 我理解你的意思。

I see your point, though I still think we need more evidence.

point 是论点。

It turned out well. • 结果不错。

The event turned out well despite the changes.

turn out 表示结果。

I'm tied up this afternoon. • 我今天下午走不开。

I'm tied up this afternoon, but I can call tomorrow.

tied up 是忙得脱不开身。

That sounds fair. • 这听起来合理。

That sounds fair; let's split the work that way.

fair 表示合理。

I can take that on. • 我能承担这项工作。

I can take that on if someone else handles the timeline.

take on 表示承担。

We need to frame the question. • 我们需要把问题界定清楚。

We need to frame the question before looking at the data.

frame 表示界定。

It didn't land well. • 对方反应不太好。

My joke didn't land well in that meeting.

land 指话语是否产生预期效果。

讨论问题

1. When is “That works for me” more apt than “I agree”?

2. What point have you struggled to get across?

3. What responsibility are you willing to take on?

4. When might a joke fail to land?

5. How could you frame a sensitive question?

主动练习

1. 对 work、point、take、land 各写一条自己的完整口语句。

2. 解释 That's fine 在中性和勉强语气中的不同，并各表演一次。

3. 从真实访谈找到一个熟词新用法，记录上下文与自己的迁移句。

09 自然表达替换专项训练

先保留原意和语气，再根据听众选择更顺口的说法。

并非越复杂越自然

I don't know 已经自然；只有需要表达不确定程度时，才换成 I'm not entirely sure 或 I'd need to check。先判断原句是否真的有问题。

一次改一个变量

可修改过度正式的语气、中文直译的搭配、模糊的回应或过长的句子。每次用完整对话检查是否符合场景。

真实错误库

回听自己的录音，标注“准确但僵硬”“自然但不够具体”或“意思不清”。只有真实记录才进入个人错误库；本专题的句子只是预设训练材料。

情景对话

保留简单表达

A: Do you know when the match starts? B: I don't know. I'll check. A: Thanks.

I don't know 在此自然，无需强行拉长。

控制结论强度

A: Does this prove the model works everywhere? B: I wouldn't go that far. It performed well on this dataset, but we still need to test other leagues.

把绝对结论改为带范围的观察。

高价值表达

I'm not entirely sure. • 我不太确定。

I'm not entirely sure when the seminar starts; I'll check.

表示部分不确定。

I can see why you'd say that. • 我理解你为什么这么说。

I can see why you'd say that, given the last result.

未必表示同意。

That makes sense. • 这样说有道理。

That makes sense. We should probably test it first.

自然回应理由。

I haven't got around to it yet. • 我还没抽空做。

I haven't got around to reading that paper yet.

说明时间安排。

It slipped my mind. • 我一时忘了。

Sorry, the meeting slipped my mind.

承认偶发遗忘。

I'd put it slightly differently. • 我会稍微换个说法。

I'd put it slightly differently: the model is promising, but it isn't ready to deploy.

温和修正。

To be fair, ... • 公平地说……

To be fair, they were working with limited data.

补充另一面。

I don't want to overstate it. • 我不想说得太满。

I don't want to overstate it, but the first results look encouraging.

控制结论强度。

讨论问题

1. When is a simple answer better than an elaborate one?
2. How would you respond to a reasonable explanation?
3. How can you disagree politely in a research meeting?
4. What would you say after forgetting a low-stakes task?
5. How do you explain a promising result without overclaiming?

主动练习

1. 把 I very agree 改成自然回应，并解释 very 为什么不搭配 agree。
2. 把 This result proves the model is perfect 改成审慎、具体的研究表述。
3. 从自己的一段真实转写选三句话：保留一条原句，调整两条，说明理由。

真实个人错误库的后续接口

在网站“我的英语”导入自己的转写，记录原句、语境、可能的问题、改写建议和新的迁移例句。标注不确定之处；自然的停顿或自我修正不自动视为错误。