

Tips for TOEFL

Written by DSY.

Overall

- Just enjoy the test ~ You will take what belongs to you.
- 考听力和阅读的时候不着急点continue，这样可以偷听隔壁桌的独立口语题目
- 口语：Start only when you are ready. Slow down
- **特别注意时间把控**---阅读专项 多做TPO
- 练习注重阅读和听力 TPO 其他两个感觉还行



Reading

优中选优！

破题、读文章的的技巧：

- **标题即主旨**---关注介词前+关注关键核心词而非修饰词
- **3/6 必选有主旨的** 可能有主旨+细节部分
- 关注重点词汇：**转折、强调、原因**---出题点
- 只读文章主旨重点，放过细节 但是**话读完整**

Framework

Skimming >> Scanning 略读；

论点-论据；总括-分类；抽象-具体；

首段必看+做笔记；逻辑关系识别 (and then etc. skip) but care the last

Words meaning

抓本意+前后逻辑；生词看词根 另外别想太多

Facts judging

- 无:选项内容在原文之中并没有提及。(没有相关信息)
- 反:选项内容在原文之中,有关联信息,但是关键信息矛盾。
- 混:选项内容将文中上下文内容混搭到一起。
- 偏:选项内容将文中内容无端引申。
- 满:选项内容相比于原文内容过于绝对,不够严谨。

方法: 关键词的定位 注意同义替换

Facts excluding

Sign: NOT;EXCEPT、

做好——对应就好

Refer questions

略读定位, 精度比对 question types:

- 同细节题 --- 逻辑分割
- 细节+正向推断
- 细节+反向推断 --- 主干信息喝否定/反义逻辑 注意 转折 否定 反义 时间地点 出题方式: 双取反

排除法效果好

Sentence simplifying

essential information;

1. 逻辑词判断
2. 内容判断:主干内容判断 & 次要内容判断

Wrong options:

极:错误的程度(极端词)

假:虚假的逻辑

大:将原文中细节(不构成逻辑关系的插入语和从句)过分放大

多:引入原文未出现信息

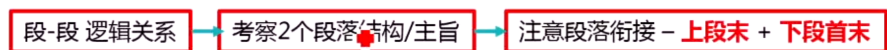
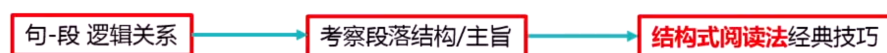
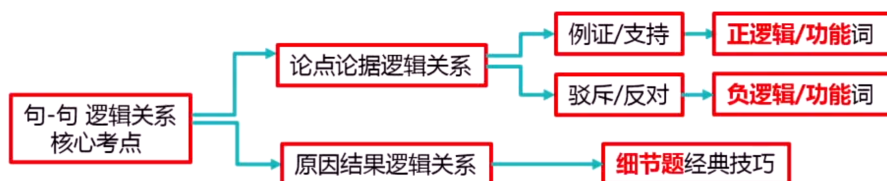
少:缺少直接构建逻辑关系的重要内容或缺少主干

Rhetorical purpose

Why mention/discuss?

句子-段落; 三种组合关系; 句与句关系最多;

Correct: 一般包含论点、论据、以及两者之间的支持/反对关系。



Sentence inserting

easy. Just pay attention to the logics

Theme summary --- choose 3/6

(1)正确答案组成:

- 全文主题
- 一个或多个段落概述
- 注意:正确答案多为**概括性描述**,可能找不到对应的原文某句话

(2)错误选项分析:

- 与原文矛盾
- 原文未明确提及
- 原文正确信息但与介绍句无关的原文细节

(3)黑体字的介绍句(introductory sentence)分析:

- 绝大部分为文章主题
- 极少数是对文章的话题topic下定义

(4)解题步骤:

- 只剩下10秒钟蒙的时间---最长的句子
- 1min-2min时间:精读介绍句,筛选关键词(筛选标准:介绍句的主干,标题,或文章中高频出现的表达),匹配与关键词语义相等的选项,排除与介绍句无关的选项。
- 剩下3min或以上的的时间:精读介绍句,点review text,用1min左右时间,结合之前记录每段主题句(首尾句)中的要点,选择表达了文章主旨与段落概述(记录要点)一致的选项。

(5)排除技巧:

- 排除带有解释修饰成分的且修饰对象和修饰内容为不重要信息的选项
- 排除主语为细节的选项
- 排除小举例(只提到过一次,未展开,或连续列举的举例),不能排除对大段举例主题的概述

频率最高---BCF

Overall

首先**学科词汇**必须更多的掌握。一篇文章的熟悉程度会很大程度上影响做题时的自信，从而影响正确率。另外，精读需要更进一层，除了要快速实现中英文互译或者说看着英语能瞬间在脑子反映出讲什么鬼之外，还需要在阅读过程中把握**文章脉络**。也就是我们在语文中常提到的，把握**段落中心，文章中心**。这样在遇到题目时候能精确找到哪段论述，尤其是细节题就尤其关键，能帮祝你迅速找到答案所在段落节省做题时间。最后，文章逻辑也尤为关键。对于文章结构能堵的过程中及时反应出是总分还是分总还是总分总的结构，对于文章段落间转折以及段落内部转折都能重视，逻辑词出现一定不要错过。

Listening

5 materials; 28 questions or so. 2 conversations + 3 lectures

main ideas ; specific information ; sentence intension.

文段结构的预测与把握---考点预测重点听什么---笔记恰当---做题辅助；最主要还是扎实基本功和能力

One office hour

- Paper/essay
- Selecting classes
- Applying for things
- Problems with academic topics

One service encounter

- Registering
- Using the library
- Student activities
- Asking about jobs

题型:

- 主旨题
- **细节题**
- Infer题
- 结构题(Why does he mention)---一般是证明观点
- 目的题(重听)
- 态度题---语气

观点着重听，细节有印象

Notes:

- 不同题型对笔记需求不一
 - 细节、infer、结构
 - 主旨、重听
- 已经知道的东西不要记下来
- 记录笔记的结构很重要

Theme/Topic	
Subtopics (Concept/ Definition/ Process)	Details (Example/ Questions & Answers / Attitude)

big/general items not details ; headings divisions

不要逃避练习!!!

Tips

- 去考场的路上,听些英文
- 如果可能的话,尽可能早开始听力部分比如跳过各项instruction
- 如果身边人声音太大 压紧耳机一般有效
- 题目太难分数会curve的,难题对你的分数没影响,放心

Speaking

还可以参考[口语24托福哔哩哔哩bilibili](#)

Independent Task

题型: 你将需要回答一个与日常生活相关的问题。通常是基于个人经验或偏好，例如“你更喜欢阅读书籍还是看电影？请说明理由。”

建议:

- **明确立场:** 迅速确定你的观点。
- **理由充分:** 给出2-3个理由支持你的观点，并举具体例子。
- **结构清晰:** 开头表明立场，中间展开论述，最后总结。
- **题目:** Do you prefer studying alone or studying in a group? Explain why.

回答:

"In my opinion, studying in a group is more beneficial than studying alone. The main reason is that group study fosters collaboration and idea exchange. For example, when I prepare for exams with my classmates, we often discuss different perspectives on complex topics, which enhances my understanding. Additionally, studying in a group helps to keep me motivated. It's easy to get distracted when studying alone, but with others around, I stay focused and disciplined. **All things considered, I firmly believe that the benefits of group study far outweigh those of studying alone.**"

Integrated Task 1

题型: 你会读一段校园公告或短文，然后听一段与其相关的对话或讲座。你需要总结并表达听到的内容。

建议:

- **读懂要点:** 快速浏览阅读材料，抓住主要内容。
- **记录关键信息:** 在听力部分记录重要细节，如人物的观点或事件的发展。
- **整合信息:** 在回答中整合阅读材料和听力内容，强调它们之间的联系。
- **题目:** (You read a campus announcement about the construction of a new student center and then listen to a student expressing concerns about it.)

回答:

"**The campus announcement states that** a new student center will be built to provide more recreational space for students. **However, in the conversation, the student expresses concerns about this decision.** She argues that the construction will cause significant noise and disruption, particularly during exam periods. Moreover, she points out that the money allocated for the new center could be better spent on improving academic facilities, such as the library, which is often overcrowded. **In conclusion, while the university believes** the new center will benefit students, **the concerns raised by the student suggest that** there might be better ways to allocate the funds."

Integrated Task 2

题型: 你会听一段学术讲座，然后回答一个关于讲座内容的问题。题目通常要求你总结讲座的要点或解释某个概念。

建议:

- **听力重点:** 注意讲座中的定义、例子和解释，这是回答的关键。
- **简明扼要:** 用简洁的语言复述讲座内容，避免不必要的细节。
- **结构化回答:** 先总体概述，再详细解释主要概念或要点。
- **题目:** (You listen to a lecture about the importance of biodiversity.)

回答:

"In the lecture, the professor emphasizes the critical role of biodiversity in maintaining healthy ecosystems. She explains that biodiversity ensures the stability of ecosystems by allowing them to recover from disturbances such as natural disasters. For example, she mentions that diverse plant species can help prevent soil erosion and maintain water quality. Furthermore, the professor highlights that biodiversity contributes to the development of new medicines, as many pharmaceutical products are derived from plant and animal species. Ultimately, the lecture makes it clear that protecting biodiversity is essential not only for environmental health but also for human well-being."

Integrated Task 3

题型: 与任务2类似，你会先听一段讲座或对话，然后回答与听力内容相关的问题，但可能更加注重细节或分析。

建议:

- **全神贯注:** 注意听力中的所有信息，包括背景、例子和细节。
- **逻辑清晰:** 在回答中展示对听力材料的全面理解，逻辑清楚，条理分明。
- **时间管理:** 留意时间，确保你能完整回答问题。
- **题目:** (You listen to a conversation between two students discussing the benefits and drawbacks of online classes.)

回答:

"In the conversation, the two students discuss both the advantages and disadvantages of taking online classes. One student argues that online classes offer greater flexibility, allowing students to study at their own pace and balance other responsibilities. For example, she mentions that online courses make it easier for working students to manage their time. On the other hand, the second student raises concerns about the lack of face-to-face interaction in online classes. He believes that this can lead to feelings of isolation and a lack of motivation. Additionally, he points out that online courses may not provide the same level of academic support as traditional in-person classes. To sum up, while online classes offer flexibility, they may not be suitable for everyone due to the potential drawbacks related to interaction and support."

Overall advice

- **练习表达:** 口语表达的流利度和自然度很重要。多做模拟练习，熟悉题型和答题节奏。
- **时间把控:** 每题都有时间限制，合理分配时间，不要过于拖沓或过快。
- **使用过渡词:** 如“Firstly, Secondly, In conclusion”等，使回答更具条理性。
- **减少停顿和修饰语:** 避免使用过多“um”, “uh”等停顿语，保持流畅。
- **提升发音和语调:** 清晰的发音和恰当的语调有助于提高整体得分。

以下是对托福口语四个题目的高分示范回答，每个回答都使用了之前提到的高级句型和词组。

Writing

Attention: 纯手打 注意structure and spellings.

Practice: 可以用text文件打，然后再放进来报错

Integrated writing

at least 220 words

Framework : 1 summary and 3 paragraphs;

Example : In the lecture, the professor casts doubts on the reading passage's idea that (fill the contents). The professor **asserts** that the arguments and evidence of the passage are not convincing.

Firstly,**contrary to the belief** in the passage that (fill the contents),the professor asserts that..... (fill the contents)

Secondly,the author of the passage **points out** that (fill the contents) , which is **refuted** by the professor

Finally, **opposing to** the passage's belief that..... (fill the contents) ,the professor **contends** that.....

Example 2:

The reading and listening materials have a debate on (fill the contents) . The writer believes that which is contradicted by the following lecturer.

Firstly, the writer **claims** that , but the speaker **views this issue from an opposite angle**. According to him,

Secondly, the author states that . However, the speaker opposes the writer's opinion by saying that

Thirdly, the passage argues that By contrast, **in accordance with the speaker, the original claim does not hold** since

Academic discussion

130 words+

I agree with 's view point that

In addition Especially ... For example Therefore.....

Admittedly, .. is right After all ,some people .. However/nevertheless, In my opinion...can In other words For example Therefore claims/argues/states

Reference writing

Integrated Writing Task A

题目: 阅读一篇关于团队决策的文章，文章提出了三个支持团队决策的观点。然后，听取一段讲座，教授在讲座中反驳了这些观点。

阅读材料要点:

1. 团队决策能够汇集多种观点和专业知识，有助于做出更明智的决定。
2. 团队成员之间的讨论能激发创造力，产生创新的解决方案。
3. 团队决策过程中，团队成员会互相监督，减少了草率决策的可能性。

听力内容要点:

1. 团队决策常常受到群体思维的影响，导致偏向保守的决定。
2. 团队讨论往往浪费时间，因为一些成员会主导讨论，而其他成员则保持沉默。
3. 团队成员可能会为了避免冲突而妥协，最终选择最不具创新性的解决方案。

范文:

The article discusses the advantages of team decision-making, emphasizing that it leads to better decisions, fosters creativity, and reduces the likelihood of hasty decisions. However, the professor in the lecture challenges these points, arguing that team decision-making has significant drawbacks.

Firstly, the article asserts that team decision-making benefits from diverse perspectives and expertise, leading to wiser decisions. The professor, however, **counters this by mentioning** the phenomenon of "groupthink." According to the professor, groupthink occurs when team members prioritize harmony over critical analysis, leading to conservative and less effective decisions. In this case, the diversity of viewpoints is not utilized effectively, and the team ends up making decisions that are safe rather than innovative.

Secondly, while the article suggests that team discussions spark creativity and result in innovative solutions, the professor argues that team discussions often waste time. He explains that some dominant members may monopolize the conversation, while others may remain silent, either because they feel intimidated or because they are not given the opportunity to speak. This dynamic stifles creativity instead of encouraging it.

Lastly, the article claims that team members monitor each other, which prevents rash decisions. The professor disagrees, stating that team members may compromise too much to avoid conflicts. As a result, the final decision is often a mediocre solution that lacks originality. The pressure to conform within the group can lead to decisions that are more about appeasing everyone rather than pursuing the best possible outcome.

In conclusion, while the article highlights the potential benefits of team decision-making, **the professor's arguments suggest that** it can also lead to suboptimal outcomes due to groupthink, inefficiencies in discussion, and excessive compromise.

Integrated Writing Task B

(与之前版本相同，阅读一篇文章并听取一段讲座，然后根据两者的内容进行总结和分析。)

题目: 阅读一篇关于城市化利弊的文章，文章提出了三个城市化的好处。随后听取一段讲座，教授在讲座中对这些观点提出反驳。

阅读材料要点:

1. 城市化带来经济增长，因为大城市吸引了更多投资和人才。
2. 城市化提高了人们的生活水平，因为城市提供了更好的医疗和教育服务。
3. 城市化有助于保护环境，因为高密度的城市居住减少了对自然资源的需求。

听力内容要点:

1. 虽然城市化可能促进经济增长，但也导致了贫富差距的扩大，许多人被排除在经济利益之外。
2. 尽管城市提供了更好的服务，但这些资源往往只对富人开放，普通市民难以享受。
3. 城市化实际上加剧了环境问题，如污染和资源浪费，因为城市过度依赖自然资源。

范文:

The article presents several advantages of urbanization, including economic growth, improved living standards, and environmental protection. However, the professor in the lecture challenges these points, arguing that urbanization has significant drawbacks.

Firstly, while the article claims that urbanization leads to economic growth by attracting investment and talent, the professor points out that this growth often results in increased income inequality. He explains that while some people benefit from the economic opportunities in cities, many others, particularly those from lower-income backgrounds, are left behind. This disparity creates social tensions and undermines the overall benefits of economic growth.

Secondly, the article suggests that urbanization improves living standards by providing better healthcare and education. However, the professor argues that these services are often inaccessible to the majority of the population. He mentions that high-quality medical and educational facilities in cities tend to cater to the wealthy, leaving the average citizen with limited access. As a result, the purported improvement in living standards is not as widespread as the article suggests.

Lastly, the article asserts that urbanization helps protect the environment by reducing the demand for natural resources through high-density living. The professor, on the other hand, contends that urbanization actually exacerbates environmental problems. He cites examples of increased pollution and resource consumption in cities, noting that the concentration of people and industries in urban areas leads to greater environmental degradation, not less.

In conclusion, while the article highlights the potential benefits of urbanization, the professor's arguments reveal that these advantages are often overshadowed by the negative consequences, such as income inequality, limited access to services, and environmental damage.

Academic Discussion Task

(新的任务类型，要求考生针对教授提出的学术问题进行讨论，通常包括其他学生的观点，考生需要回应并提出自己的看法。)

【学术讨论写作】答题流程			
步骤		操作	时间（共 10 分钟）
1	审题归纳	抓住“核心题眼”	50 秒内
2	论述提纲	“直给型”或“让步型”	10 秒内
3	写作观点	提出自己的观点	8 分 30 秒，不少于 100 词 （高分：建议大于 130 词）
4	支持理由	给予理由和例证	
5	检查排错	检查语法和拼写	30 秒

2. 论述提纲		
(选任何一种都可以；考场时间有限，优先选择“可以快速答题输出”的提纲)		
直给型（建议至少 5 句话）		
提纲参考		句式举例
第 1 句	直接认可一位同学的观点	I agree with Kelly's viewpoint that ...
第 2 句	新的支持理由	In addition, in my view, ...
第 3 句	解释陈述	Especially these days, ...
第 4 句	例证细节	For example, ...
第 5 句	总结观点	Therefore,

让步+先同意再提出自己的；

3 论证的【万能理由】											
【注意】考试时间有限，无需论述完美；牢记万能理由，快速拓展例证！											
1	2	3	4	5	6						
方便	效率	经济	耐久	安全	环保	交流	经验	乐趣	成就	情感	健康

开篇定格 标点空格

英文答题示范（要求至少 100 词，建议大于 130 词）	
答题格式【开篇顶格，不用分段，书面用语，标点空格】	
第 1 句 让步认可	安德鲁提出了一个有说服力的论点，支持促进学生体育活动。 Andrew presents a compelling argument in favor of endorsing student sports activities.
第 2 句 让步理由	诚然，参与体育运动是促进学生身体健康的一个优秀手段。 Admittedly, sports participation is a superb means to promote students' physical health.
第 3 句 转折观点	然而，考虑到大学促进学术的责任，我偏向于优先建一个新图书馆。 However, considering the university's responsibilities in fostering academic preeminence, I am inclined to prioritize the construction of a new library.
第 4 句 万能理由	在我看来，一个新的图书馆可以增强教学和学术交流。 In my view, a new library can enhance teaching and scholarly communication.
第 5 句 解释陈述	一个设备完善的新图书馆，作为学术交流和合作的平台，不仅提供纸质图书的获取，还提供高速互联网连接和跨学科项目的数据库。 A well-equipped library, serving as a platform for academic exchange and cooperation, not only provides access to print books but also offers high-speed Internet connectivity and databases for interdisciplinary collaborations.
第 6 句 例证细节	例如，随着跨学科合作一直不断增加，我们建筑系的教师和学生需要建立一个能增强跨系网络的新图书馆，这样可以大大丰富跨学科合作的数据库。 For example, as collaborative programs across disciplines continue to increase, both faculty and students in our Architecture Department require establishing a new library that enhances networks across departments, which will profoundly enrich the interdisciplinary collaboration database.
第 7 句 总结观点	因此，我认为优先建一个新图书馆，通过整合各学科的资料，将极大地改善学术交流并增强我们的研究能力。 Therefore, I firmly believe that giving priority to constructing a new library, through integrating multidisciplinary materials, will substantially improve scholarly communication and strengthen our research capabilities.

题目：教授在讨论气候变化的影响，提到两种可能的应对策略：通过技术创新减少温室气体排放，或者通过改变个人行为减少碳足迹。两位学生分别支持不同的观点，你需要表明你的立场并进行讨论。

学生1："I believe that technological innovation is the best way to combat climate change. Advances in renewable energy, electric vehicles, and carbon capture can significantly reduce greenhouse gas emissions without requiring people to drastically change their lifestyles."

学生2: "I think the most effective approach is to change individual behavior. By reducing energy consumption, using public transport, and adopting sustainable practices, each person can contribute to lowering their carbon footprint. This is something that everyone can start doing right away."

回答:

I agree with both points to some extent, but I believe that a combination of technological innovation and behavioral change is necessary to effectively address climate change. While technological advancements are crucial for reducing greenhouse gas emissions on a large scale, they alone are not sufficient. Individuals also need to adopt more sustainable behaviors to make a meaningful impact.

Technological innovation, as Student 1 mentioned, is essential for developing renewable energy sources and creating more efficient systems that can replace fossil fuels. For example, the widespread adoption of solar panels and electric vehicles has already started to reduce our reliance on carbon-intensive energy. However, these technologies are still in the process of becoming widely accessible and affordable. Until then, their impact will be limited.

On the other hand, as Student 2 pointed out, behavioral changes can have an immediate effect. Simple actions like reducing energy use at home, recycling, and opting for public transportation can collectively reduce our carbon footprint. Moreover, when people change their habits, they also influence those around them, creating a ripple effect that can lead to broader societal change.

In conclusion, addressing climate change requires a dual approach. Technological innovation provides the tools necessary for large-scale reduction of emissions, but without widespread behavioral change, these technologies alone will not be enough to solve the problem. Therefore, it is important for both individuals and governments to support and implement both strategies to effectively combat climate change.

下面是一些可以在托福写作和口语中使用的高级词汇、短语和句型替换，帮助提升表达的复杂性和流畅性。

Advanced words

- **important** → **crucial, vital, paramount**
- **interesting** → **fascinating, captivating, engaging**
- **many** → **numerous, a plethora of, an abundance of**
- **good** → **beneficial, advantageous, favorable**
- **bad** → **detrimental, adverse, unfavorable**
- **think** → **consider, contemplate, reckon**
- **help** → **assist, facilitate, aid**
- **change** → **alter, modify, transform**
- **show** → **demonstrate, illustrate, exhibit**
- **get** → **obtain, acquire, secure**

Sentences framework

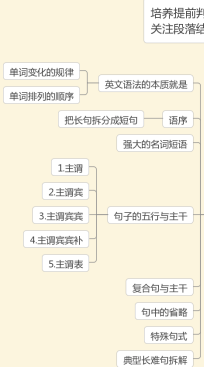
- **In light of this** → 用于表示原因和结果, 如: "In light of this, it is evident that..."
- **It is worth noting that** → 强调某个观点或事实
- **Given that** → 用于引入前提条件, 如: "Given that climate change is a pressing issue, we must take immediate action."
- **On the other hand** → 用于对比, 如: "On the one hand, technology has improved our lives, but on the other hand, it has also led to environmental degradation."
- **By the same token** → 表示“同理”或“类似地”, 用于进一步解释
- **For instance** → 举例子, 如: "For instance, renewable energy sources such as wind and solar power are becoming more widespread."
- **In the long run** → 表示长期影响, 如: "In the long run, investing in education will benefit society as a whole."
- **To a large extent** → 表示“在很大程度上”
- **It is generally accepted that** → 表达一种普遍认同的观点
- **In conclusion** → 用于总结, 如: "In conclusion, both technological innovation and behavioral change are necessary to address climate change."
- **Not only... but also...** → 如: "Not only does urbanization lead to economic growth, but it also contributes to environmental challenges."
- **Despite the fact that** → 如: "Despite the fact that many people are aware of the benefits of recycling, few actually do it regularly."
- **Had it not been for...** → 假设语气, 如: "Had it not been for the government's intervention, the economic crisis would have worsened."
- **The more... the more...** → 如: "The more we rely on technology, the more disconnected we become from nature."
- **It is often argued that** → 用于引入反方观点, 如: "It is often argued that stricter laws are needed to curb pollution."

Advanced phases

- **As a result** → **Consequently, Therefore**
- **Because of** → **Due to, Owing to**
- **In addition to** → **Alongside, Moreover**
- **In my opinion** → **From my perspective, As I see it**
- **A lot of** → **A considerable amount of, A significant number of**

托福阅读

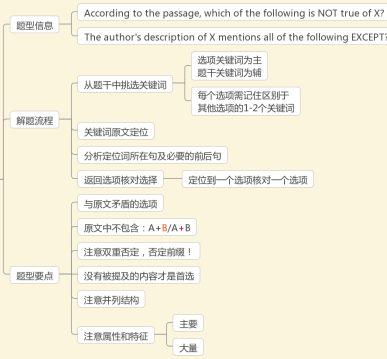
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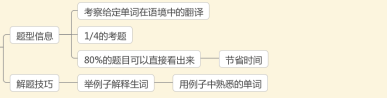
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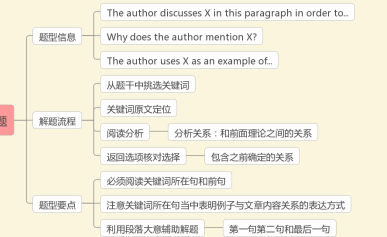
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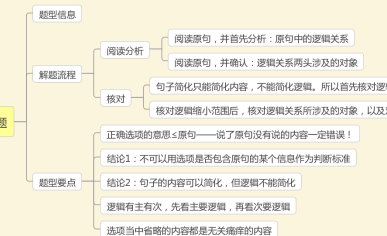
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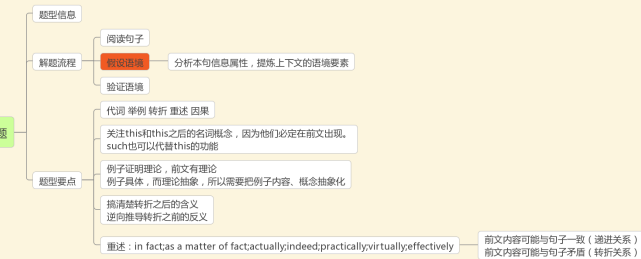
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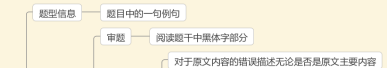
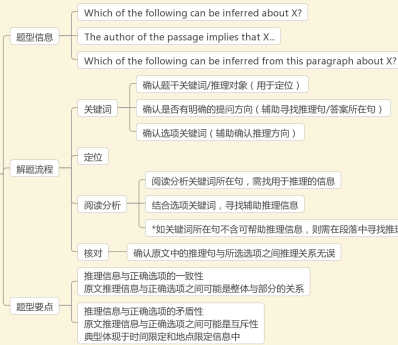
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句子插入题

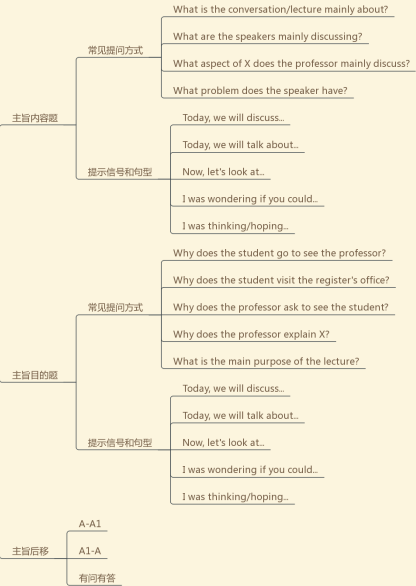


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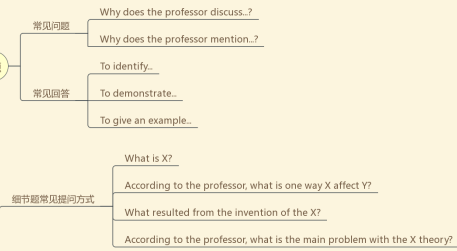


托福听力

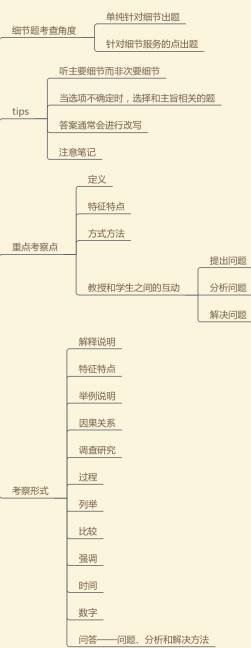
主旨题



组织结构题



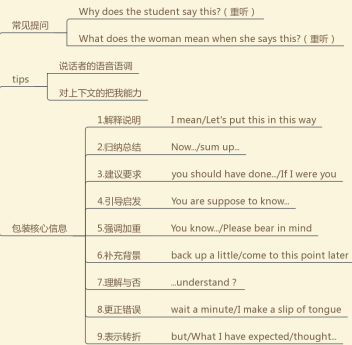
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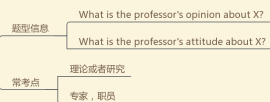
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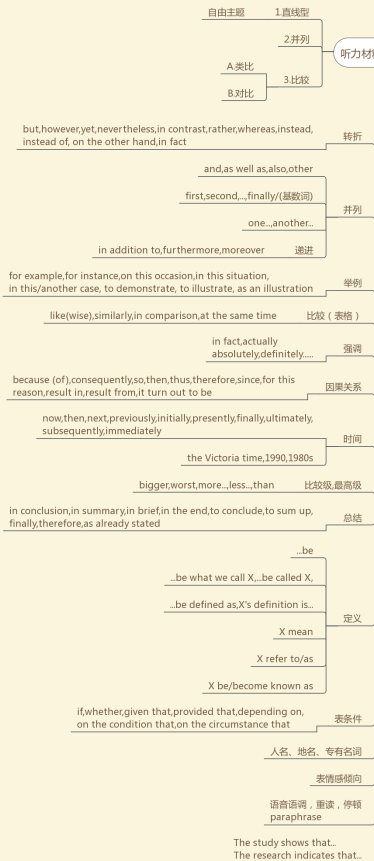
功能题



态度题



线索词



听力对话考点



自由主题



