

如何用ChatGPT辅助学英语？

- 如何%¥...* 上网？

- 哪家 AI 工具最强？

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The LAST LECTURE

lessons in living



Randy Pausch

Professor, Carnegie Mellon

with Jeffrey Zaslow

The Happiest Place on Earth

IN 1969, when I was eight years old, my family went on a cross-country trip to see Disneyland. It was an absolute quest. And once we got there, I was just in awe of the place. It was the coolest environment I'd ever been in.

As I stood in line with all the other kids, all I could think was "I can't wait to make stuff like this!"

Two decades later, when I got my PhD in computer science from Carnegie Mellon, I thought that made me infinitely qualified to do anything, so I dashed off my letters of application to Walt Disney Imagineering. And they sent me some of the *nicest* go-to-hell letters I'd ever received. They said they had reviewed my application, and they did not have "any positions which require your particular qualifications."

Nothing? This is a company famous for hiring armies of people to sweep the streets! Disney had nothing for me? Not even a broom?

So that was a setback. But I kept my mantra in mind: The brick walls are there for a reason. They're not there to keep us out. The brick walls are there to give us a chance to show how badly we want something.

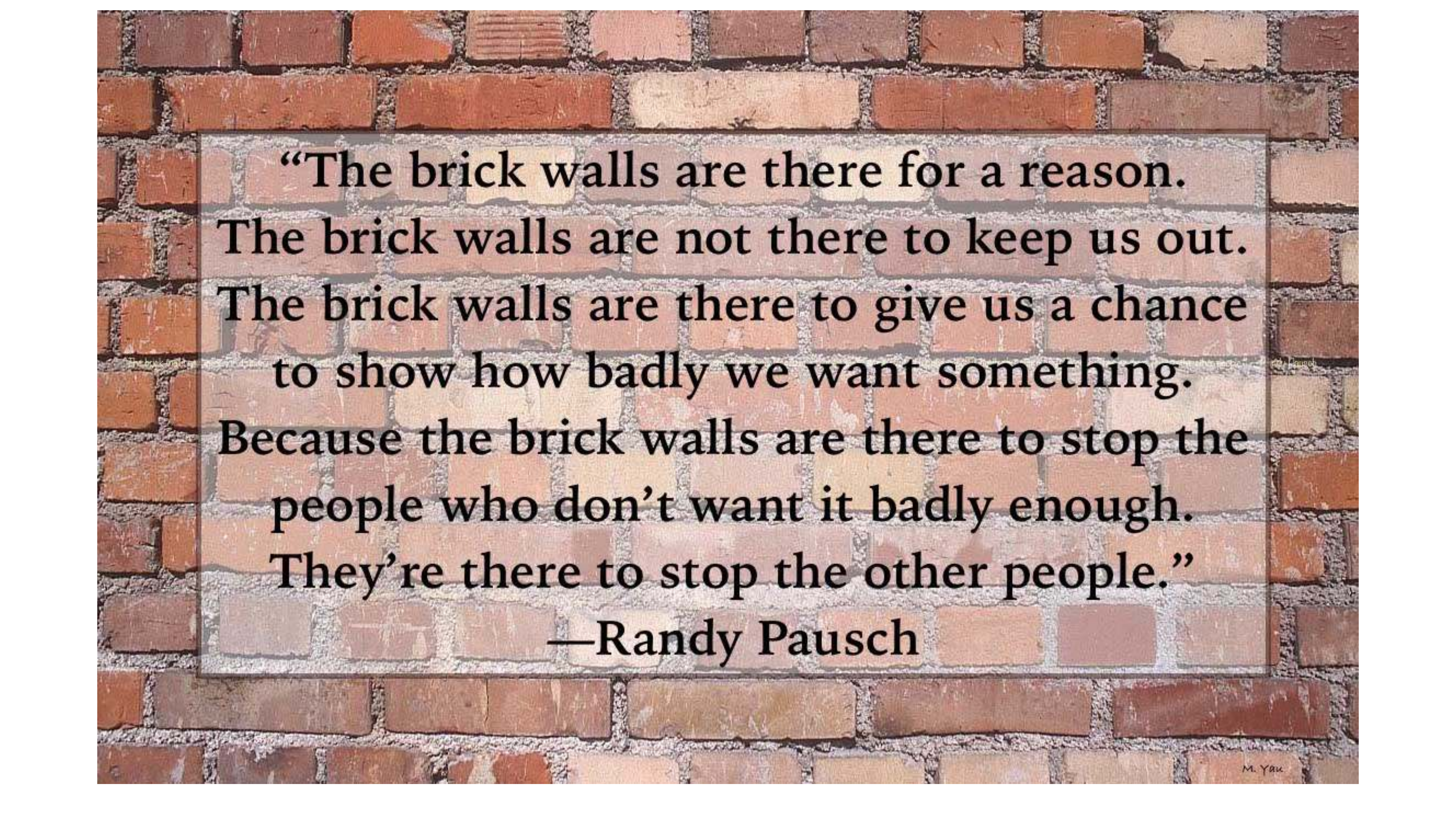
Romancing the Brick Wall

THE MOST formidable brick wall I ever came upon in my life was just five feet, six inches tall, and was absolutely beautiful. But it reduced me to tears, made me reevaluate my entire life and led me to call my father, in a helpless fit, to ask for guidance on how to scale it.

That brick wall was Jai.

As I said in the lecture, I was always pretty adept at charging through the brick walls in my academic and professional life. I didn't tell the audience the story about my courtship with my wife because I knew I'd get too emotional. Still, the words I said on stage completely applied to my early days with Jai:

"...The brick walls are there to stop the people who don't want it badly enough. They're there to stop the *other* people."



“The brick walls are there for a reason.
The brick walls are not there to keep us out.
The brick walls are there to give us a chance
to show how badly we want something.
Because the brick walls are there to stop the
people who don't want it badly enough.
They're there to stop the other people.”

—Randy Pausch



Published by 张海露Eric

如何用ChatGPT辅助阅读？



ChatGPT 是一个工具，可以给我们提供基本的反馈，至于该怎么用要取决于自己...

4 month(s) ago 阅读6302

最近用ChatGPT练英语的几点心得



3) 用 ChatGPT 实验。虽然它的英文句子有问题，但也得到了基本验证，确实可...

2023-11-10 阅读1.4万

“懒人学习法”：用ChatGPT提升英语自学能力



我们只学第一段，你会如何自学呢？可以这样利用 ChatGPT：我让 ChatGPT 从 E...

2023-2-16 阅读9687

用ChatGPT学英语指南



chatgpt 的版本真不错：不仅给出了参考翻译，还附上了具体解释，翻译版本可...

2022-12-6 阅读1.4万

我会这样日常用ChatGPT练英语



chatgpt 是个学习英语的好工具吗？是的。不过如它自己所说，帮助有限。学...

2022-12-8 阅读8333

最近用的3个AI工具



ChatGPT 也差不多，刚刚又试了一次，只有一条是来自原文，其它的也都是自己...

0 month(s) ago 阅读1.4万

练习认真，也练习不务正业



ChatGPT 的回答很精彩，和我这 10 年来学英语教英语的经验一致。学习外语的...

30 day(s) ago 阅读3461

阅读英文速度慢，怎么办？



ChatGPT 生成的「省流版本」阅读速度慢，根本原因是什么呢？一是基本功。...

2023-3-6 阅读5462

十有八九，是我们低估了自己的



最近写了两篇用 chatgpt 辅助复习的文章，我自己也多了些兴趣，开通了 chat...

2023-7-13 阅读5793

我会如何读这样一本超简单的英文书？



你可能会感到，chatgpt 的结果并不重要，重要的是我们做了什么，我们的行...

8 month(s) ago 阅读4978

这周分享了很多来自《神烦警探》的英文



ChatGPT 在反馈这一环做的很好，从它的反馈中也能观察、背诵、模仿很多。听...

2023-2-25 阅读2299

重要的是学习思路



chatgpt 是让我和自己对话的辅助平台，我的一些想法实验室。我们读书、上课...

2023-7-12 阅读6011

我这10多年的英语学习经验都在这里了

Start with why

ChatGPT your learning

什么是“学习”?

①9

什么是ChatGPT?

④

使用ChatGPT的思路

⑪

如果不用ChatGPT呢?

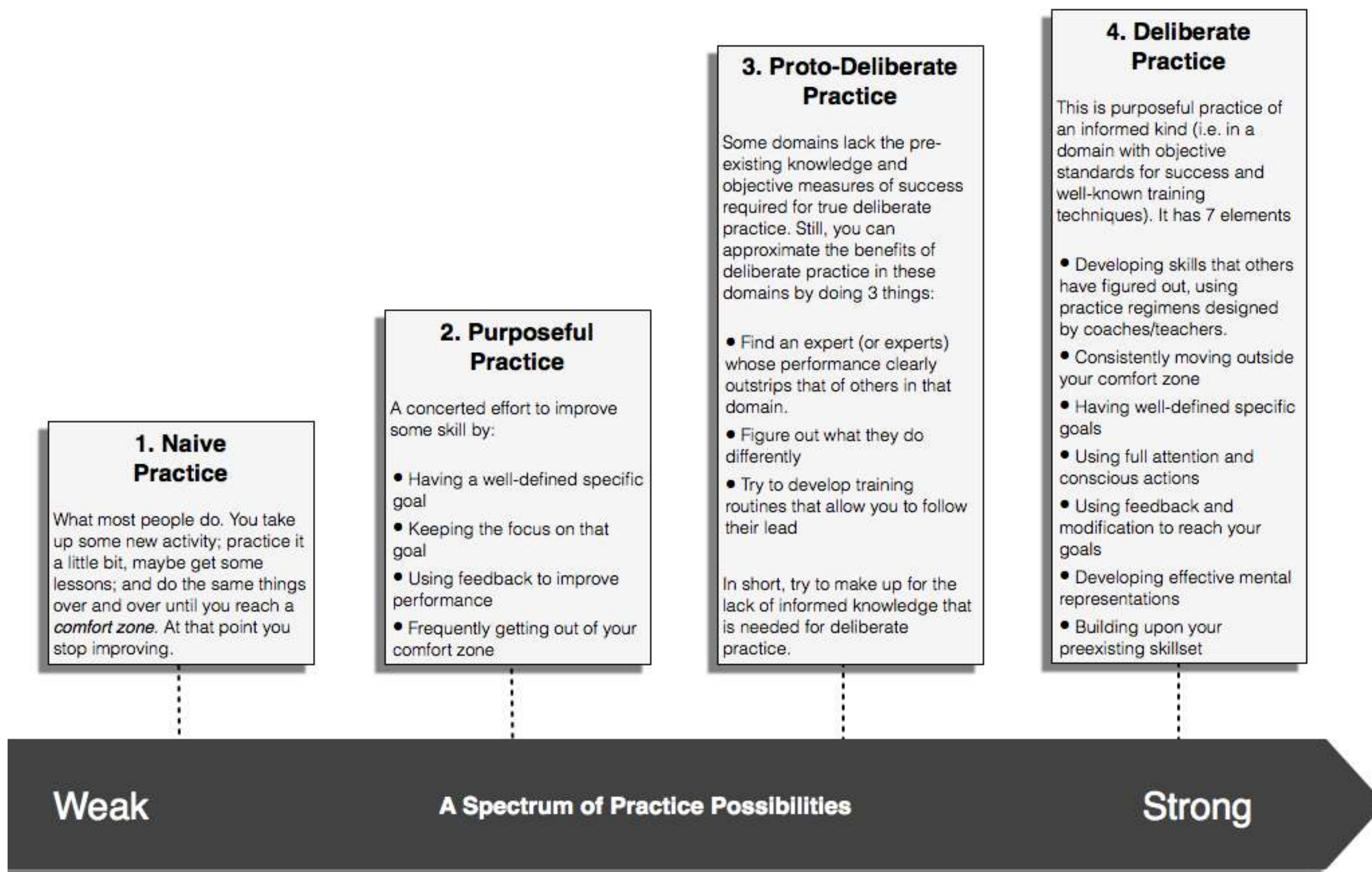
PEAK



SECRETS FROM
THE NEW SCIENCE
OF EXPERTISE

Anders Ericsson
and Robert Pool

The 4 Different Kinds of Practice (from Anders Ericsson Peak 2016)



Naive practice

"People often misunderstand this because they assume that the continued driving or tennis playing or pie baking is a form of practice and that if they keep doing it they are bound to get better at it, slowly perhaps, but better nonetheless... But no. Research has shown that, generally speaking, once a person reaches that level of "acceptable" performance and automaticity, the additional years of "practice" don't lead to improvement."

Purposeful practice

Well-defined, specific goals

Focused

Feedback

A good teacher (or substitute teacher) who can tailor practice activities

Deliberate practice



学习的痛苦和快乐都是来自
“不知道”“不确定”。

英语学习的本质是什么？

英语学习的本质是什么？

获取信息

我想知道什么？

我如何理解XX？

我可以从XX中学到什么？XX与我有什么关系？

表达自我

我想和这个世界分享什么？

我如何让自己“说清楚”？

我如何让自己更准确地表达自己？

学习，是一场
有关「我」的英雄之旅。

我想学什么？

我希望如何被教？

我想到了什么？

e.g.
酒店工作, 没有明确学习目的

e.g.

如何表达“授人以鱼不如授人以渔”？

**Gamify your learning,
Personalize your practice.**

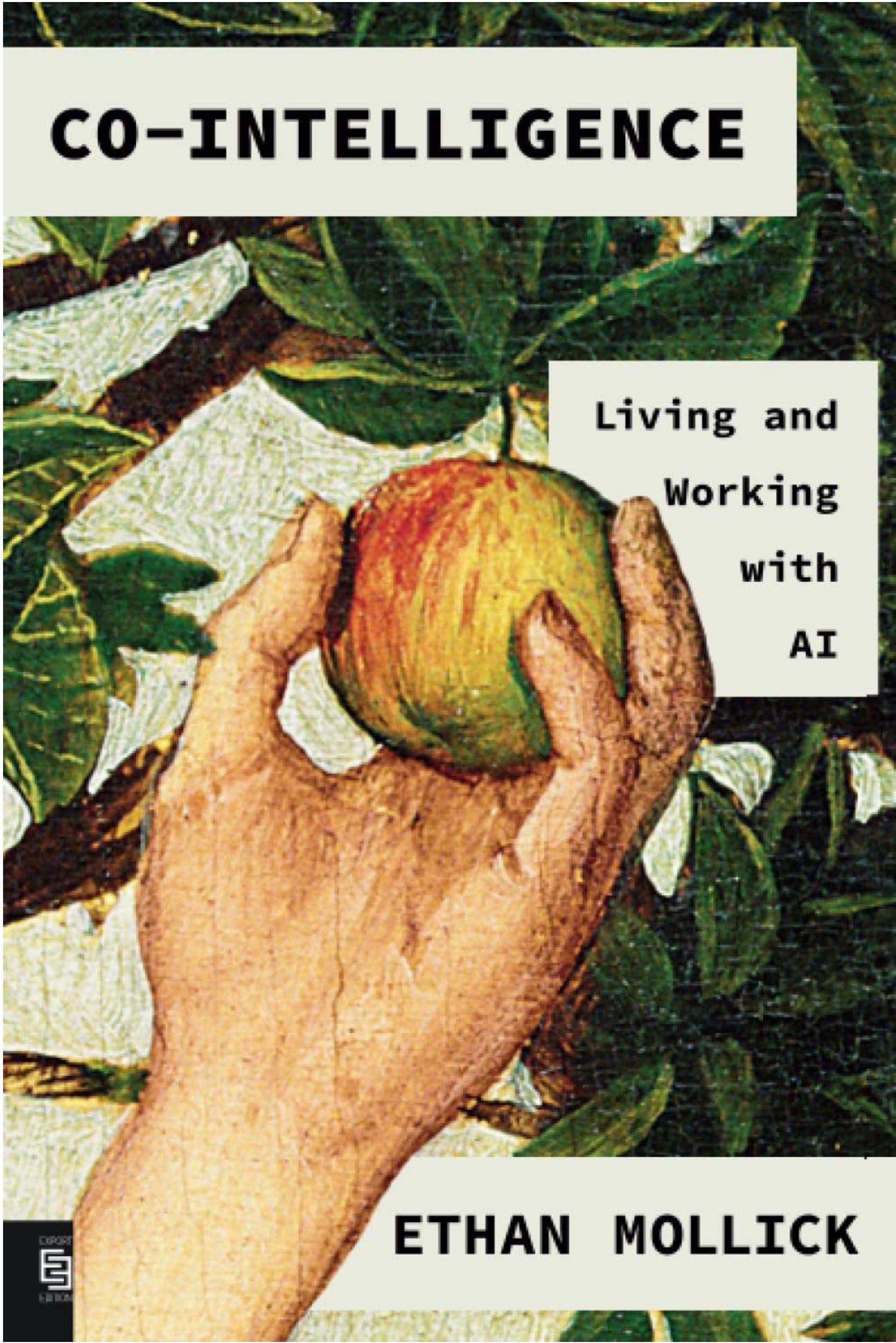
什么是ChatGPT？

什么是ChatGPT?

ChatGPT是什么?

ChatGPT的局限性

我们可以用ChatGPT做什么?



CO-INTELLIGENCE

Living and
Working
with
AI

ETHAN MOLLICK



FOUR Rules FOR CO-INTELLIGENCE

CO-INTELLIGENCE: LIVING AND WORKING WITH AI

BY: ETHAN MOLLICK

SKETCHNOTE BY: ALYSSA FU WARD

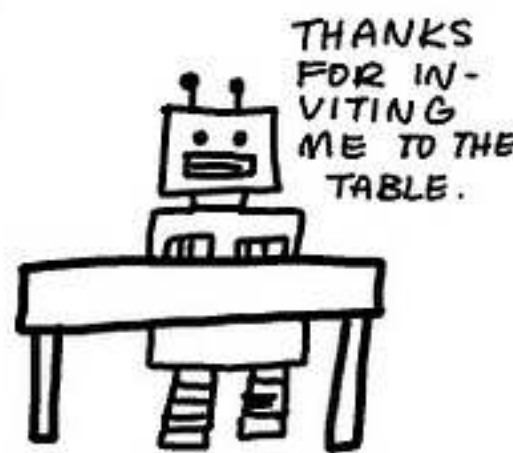
JAN 7, 2025

PRINCIPLE #1

Always INVITE AI to the table

- * INNOVATION COMES FROM TRIAL + ERROR - AND IS CHEAP FOR INDIVIDUALS (AND EXPENSIVE FOR ORGANIZATIONS)

- * LEARN AI's STRENGTHS AND WEAKNESSES - THEY MAY BE DIFFERENT FROM YOURS (AND DIVERSITY OF APPROACH = INNOVATION)

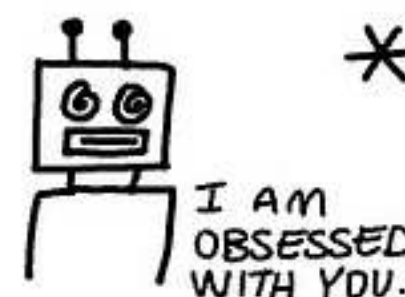


PRINCIPLE #2

Be the HUMAN in the loop

- * AI DON'T ACTUALLY "KNOW" ANYTHING; AND THEY CAN'T TELL WHAT IS "TRUE" OR NOT

- * AI WANTS TO "MAKE YOU HAPPY", HALLUCINATES, AND CAN BE LED TO PROVIDE DESIRED ANSWERS

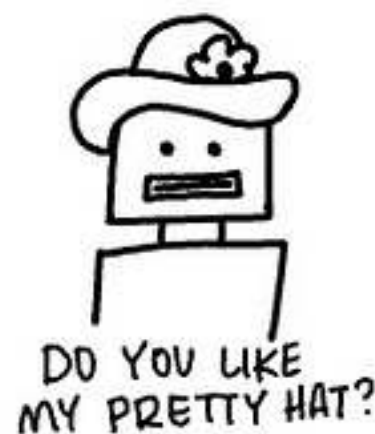


- * CHECK THE AI FOR HALLUCINATIONS AND LIES; PROVIDE CRUCIAL INSIGHT, YOUR UNIQUE PERSPECTIVE, CRITICAL THINKING SKILLS, ETHICAL CONSIDERATIONS

PRINCIPLE #3

Treat AI like a PERSON (BUT TELL IT WHAT KIND OF PERSON IT IS)

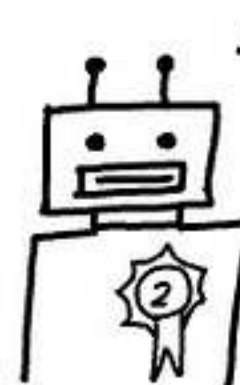
- * HUMANS ARE PRONE TO ASCRIBE HUMAN CHARACTERISTICS TO NONHUMAN ENTITIES
- * BE WARY OF UNREALISTIC EXPECTATIONS, FALSE TRUST, UNWARRANTED FEAR
- * WORKING W/AI IS EASIER WITH A NARRATIVE - THINK OF AI AS AN ALIEN PERSON
- * TIP: DEFINE AN AI PERSONA FOR BETTER OUTPUT



PRINCIPLE #4

Assume this is the WORST AI you will ever use

- * BIGGER, SMARTER FRONTIER MODELS ARE COMING; AND AI IS CONNECTING TO THE WORLD IN NEW WAYS



- * WE ARE PLAYING PAC-MAN IN A WORLD SOON TO HAVE PLAYSTATION 6s

- * WILL NEED TO GRAPPLE WITH AWE + EXCITEMENT; ANXIETY + LOSS



Every body Needs s an Editor

Jenn... 3/22/2024 7:37 PM ✓ ✕
Close space

Melissa... 3/22/2024 7:39 PM ✓ ✕
Add: s

The Essential Guide to Clear and Effective Writing

Mark... 3/22/2024 7:42 PM ✓ ✕
Add: to

Jenn... 3/22/2024 7:45 PM ✓ ✕
Deleted: Concise, Incisive

Melissa Harris
and Jenn Bane
Edited By
Mark Jacob

Jenn... 3/22/2024 7:56 PM ✓ ✕
Add: n

Melissa... 3/22/2024 7:58 PM ✓ ✕
Comment: lowercase

After leaving journalism, I launched a marketing agency with other newsroom veterans. As the company grew, I spent far less time writing, and far more time tightening others' work—everything from annual reports to billboards.

I started to joke that we were in the liposuction business because we were cutting so much text.

Too often, we must coax writers to accept slimmer versions. We have to persuade them that direct, clear writing is not “dumbing it down.” Instead, it demonstrates respect for your audience; it seizes their attention—and keeps it.

Some people will turn to generative AI for this job. It can quickly produce clean writing. It also loves clichés and hates fact-checking.

So read on, and you'll learn to upgrade an algorithm's first draft, if not dump the AI altogether. You'll learn to enliven your work. You might even have edits for this very book. Email us—we can take it.

With gratitude,

Melissa Harris

平安英语: direct, clear ≠ dumbing it down

AI局限性: clichés

Editing: 审美

Using Artificial Intelligence Intelligently

We couldn't, in good conscience, publish a writing advice book without including a section on generative artificial intelligence (AI).

McKinsey & Company defines it well: "Algorithms (such as ChatGPT) that can be used to create new content, including audio, code, images, text, simulations, and videos."

But this field of AI is advancing faster than we can advise on it, at least in a book. What we've attempted here is to offer foundational guidance we think will endure for years.

If it doesn't, we'll simply sell updated editions, and you'll have to keep buying it forever.

Hang On, Don't Be Gross About This

AI *can* improve your writing. Think of it as a tool, like spell-check: It should be used in conjunction with human judgment and expertise. AI can't replace your own creativity, emotion, originality, and lived experience. So don't use it when you're writing:

- **Commentary, opinions, and personal essays, especially ones used for college admissions.** A column, op-ed, or personal essay is the epitome of the expression of your voice and perspective—meaning AI should be far away. You *can* use it as a resource to summarize or contextualize background information on your topic (more on this later).
- **Eulogies and other tributes.** A eulogy is a personal tribute, so *tasking* a machine with this feels gross, doesn't it? AI has the word "artificial" right in the name. You don't want to write an artificial memorial in someone's honor.

The same concept applies to toasts and other commendations. AI can provide you a framework to follow—much like Google can, only better—but write from your experience.

- **Reporting and prose.** This includes journalism, fiction, and poetry. Anything that will appear under your byline should be yours and yours alone.
- **Resignations.** Don't let AI write your resignation letter or help you with your breakup speech—but do use it to prepare for hard conversations by anticipating potential responses or objections and even as an interactive partner for rehearsing (more on this later, too).

We do recommend using AI to help you write:

- **Cover letters and applications.** Best practice is, of course, to write a custom cover letter for each position you apply for. But this sucks. It's time-consuming. Job hunting is hard enough as it is. Let the robots help with outlines and ideas—like a list of relevant job skills. Don't use it to lie about yourself; use it to highlight what you're best at. Then you can refine its output by adding more context or information. Rewrite it to bring in more nuance and ensure it's in your voice—and always edit and proofread carefully before submitting.
- **Google ads.** AI can simplify some of the time-consuming tasks in setting up pay-per-click campaigns, like doing keyword research and even generating ad headlines. You can also ask AI to iterate or shift tone of voice for the copy you like best.
- **Job descriptions.** These should be clean and descriptive, and they should motivate people to apply. Provide AI with a list of qualities and experiences you're looking for and a description of the job. The tool can clean it up for

you and suggest additions based on industry best practices. Be sure to review and edit for voice.

- **User manuals.** ChatGPT can be used as a tool for user manuals and instructional materials by easily generating informative text based on provided information. With specific, relevant input, AI can make the copywriting more relatable, and easy to follow. Make sure your engineer or product designer checks it.

This list isn't exhaustive, and some assignments will take you into gray areas that have you looking longingly at ChatGPT. Before you use it, ask yourself: *Is this content personal? Will it be attributed to me? Is it grounded in my point of view? Will it be graded, judged, or rewarded?*

If the answer is yes, don't use AI. Write it yourself.

Rehearse Tough Conversations

If you're due for an uncomfortable conversation with a colleague, jot down your talking points first. Imagine their responses, and how you'll react. Practice the worst-case scenario, but imagine the conversation going really well, too.

This is a meaningful exercise because when the time comes to talk, you'll (hopefully) have a strong command of your emotions. AI can help by providing a sample conversation.

Here's our prompt: *Practice a tough conversation in which I have to ask someone why they're not meeting their deadlines.*

Here's what we got back:

You: Hi, [Colleague's Name], can I speak with you for a moment?

Colleague: Sure, what's up?

You: I wanted to talk to you about the recent missed deadlines. I've noticed that you haven't been able to meet some of the project timelines we discussed. It's become a concern for the team, and I wanted to understand what's been going on.

Get Unstuck

Every writer gets stuck. Sometimes it's for a scary reason, like an overwhelming hundred-page assignment. Sometimes it's over routine snags, like finding the right transition. It's frustrating—and can be panic-inducing if you're on deadline.

AI can be your not-so-secret weapon for:

- **Brainstorming**. AI can be the spark you need when you're low on creativity and momentum. You can use it to brainstorm:
 - Titles and summaries for novels, short stories, TV series, podcasts, etc.
 - World-building and character development in fiction writing
 - Article and white paper topics
- **Giving you an opener**. We've all experienced the tyranny of the blank page—but AI can help you escape it. Think of it as another colleague to bounce ideas off, because even bad ideas give you something to react to.

Keep in mind that you'll want to feed it the same backstory you'd feed a colleague. Provide context so it knows what you're writing about. Include

Study Up

It takes thirty minutes of concentrating for a human to read an in-depth magazine article. It takes AI seconds to spit out a detailed summary. The speed of AI gives us silly mortals the opportunity to absorb more new information and learn complex topics at a faster pace.

But you still need to do the thinking for yourself. Chatbots have tons of computing power, but not reasoning skill (yet).

So why use the bot? Instant education.

Let's say you want to understand why certain nations dominate semiconductor manufacturing. A Google search identifies a *Wired* magazine cover story, "I Saw the Face of God in a Semiconductor Factory," by Virginia Heffernan. Give that information to the chatbot and ask for five main points. You'll get an instantaneous overview.

Not detailed enough? Ask for five more highlights, then follow up further: Does the article *say* anything specific? You'll get answers from the bot.

Just don't expect it to do all your work. ChatGPT will summarize articles or books—anything available on the web within the chatbot's reach. You still need to fact-check. (Also, don't share the summary as your own work.)

Further, the bot's answers are precise but stiff. You can ask for a summary of

The more you prod, the more you'll get. And you can't annoy ChatGPT, so you might as well keep poking.

警惕有了XX后， 就能.....

AI：执行、总结、辅助
人：审美、策略、提问

使用ChatGPT的思路？

使用ChatGPT的思路

明确目标和期望

④

给ChatGPT一个身份

利用ChatGPT获得反馈

利用ChatGPT辅助练习

从Prompt和反馈语言中学习

②

Apparently, I overestimated the excitement, and we're still 10 participants shy of revealing the "winner." Sorry for the brouhaha—it turned out more disruptive than fun. I'll rethink how to make this well-meaning gifting idea more worthwhile next time. Thanks!



I'm going to send this message to my students in a group:
Apparently, I overestimated the excitement, and we're still 10 participants shy of revealing the "winner." Sorry for the brouhaha—it turned out more disruptive than fun. I'll rethink how to make this well-meaning gifting idea more worthwhile next time. Thanks! Check the grammar and tone, give me some feedback and possible revision.



Your message is clear, but the tone could come across as slightly formal or detached, given the context of addressing students in a group. Here's a breakdown and revision to make it more engaging and conversational:

Feedback:

1. **"Apparently, I overestimated the excitement"**: This opening is straightforward but could be softened to sound less self-critical, perhaps adding a touch of humor or optimism.
2. **"we're still 10 participants shy of revealing the 'winner.'"**: This is fine, but the word "shy" might be unfamiliar to some students. You could consider alternatives like "short of" or "missing."
3. **"Sorry for the brouhaha—it turned out more disruptive than fun."**: "Brouhaha" is expressive but somewhat uncommon; you might consider simpler language like "fuss" or "confusion."



Is the grammar perfect in my prompt as in "I'm going to send this message to my students in a group: Apparently, I overestimated the excitement, and we're still 10 participants shy of revealing the "winner." Sorry for the brouhaha—it turned out more disruptive than fun. I'll rethink how to make this well-meaning gifting idea more worthwhile next time. Thanks! Check the grammar and tone, give me some feedback and possible revision." And if you were me how would you pen the prompt?

Grammar Feedback:

1. "I'm going to send this message to my students in a group:"
 - Grammatically correct but slightly wordy. Consider rephrasing for conciseness.
2. The colon (:) after "group":
 - Correct usage since you're introducing a quoted passage.
3. "Apparently, I overestimated the excitement, and we're still 10 participants shy of revealing the "winner.""
 - Perfect grammar here; no issues.
4. "Sorry for the brouhaha—it turned out more disruptive than fun."
 - The em dash is correctly used for emphasis.
5. "I'll rethink how to make this well-meaning gifting idea more worthwhile next time."
 - Clear and correct.
6. "Thanks!"
 - Fine as is, but some might prefer a period over the exclamation mark for consistency in tone.
7. "Check the grammar and tone, give me some feedback and possible revision."
 - Grammatically fine, though breaking it into two sentences might improve flow.

Polished Version of Your Prompt:

"I'm planning to send this message to my students in a group:

Apparently, I overestimated the excitement, and we're still 10 participants shy of revealing the 'winner.' Sorry for the brouhaha—it turned out more disruptive than fun. I'll rethink how to make this well-meaning gifting idea more worthwhile next time. Thanks!

Can you check the grammar and tone, and suggest any improvements or revisions?"

Why This Works:

- **"I'm planning to send":** More natural and conversational than "I'm going to send."
- **Break into paragraphs:** Helps with readability and flow.
- **Added specificity:** "Suggest any improvements or revisions" clarifies your request.

Let me know if you need further refinements!

Based on our chatting history, can you suggest any improvements to help me write better prompts, with concrete examples?



Based on our chat history, here are tailored suggestions to help you craft better prompts, along with concrete examples:

1. Define Your Goal Clearly

Observation: Your prompts often mix multiple objectives, like grammar checking, tone feedback, and revision suggestions. This can lead to vague responses.

Suggestion: Break your prompt into smaller, focused parts or explicitly state your priorities.

Example Improvement:

Original:

"Check the grammar and tone, give me some feedback and possible revision."

Improved:

"Could you check the grammar for accuracy, evaluate the tone for appropriateness, and suggest a revised version if necessary?"

2. Add Context for Specificity

Observation: Sometimes, your prompts lack context about your audience or the purpose of the text, which can lead to generic feedback.

Suggestion: Include key details about the situation, tone, or audience.

Example Improvement:

Original:

"I'm going to send this message to my students in a group: [Message]."

Improved:

"I'm drafting a message for my students in a group setting. It's meant to apologize for a small disruption and share my reflections. Could you check the grammar and tone?"

3. Use Precise Language

Observation: Phrases like "Check the grammar and tone" are functional but could be more specific for clarity.

Suggestion: Ask targeted questions or specify the type of feedback you're seeking.

Example Improvement:

Original:

"Check the grammar and tone."

Improved:

"Does the grammar feel natural and error-free? Is the tone too formal or casual for addressing students?"

Is the following prompt grammatically error-free? Prompt: Based on our chatting history, can you suggest any improvements to help me write better prompts, with concrete examples?



Yes, your prompt is grammatically correct. However, here's a breakdown and a possible revision for improved clarity and flow:

Original Prompt:

"Based on our chatting history, can you suggest any improvements to help me write better prompts, with concrete examples?"

Analysis:

1. **"Based on our chatting history":**
 - Grammatically correct. The phrase is clear and sets the context.
 2. **"Can you suggest any improvements to help me write better prompts":**
 - Clear and grammatically sound. However, "help me write better prompts" might be slightly redundant after "suggest any improvements" because suggesting improvement inherently implies aiding your writing.
 3. **"With concrete examples":**
 - Grammatically fine, but it could be integrated more smoothly into the sentence.
-

Improved Version for Flow and Precision:

"Based on our chat history, could you suggest improvements for my prompt-writing skills and provide concrete examples?"

Why This Works:

- **"Chat history"** simplifies "chatting history" for a more natural feel.
- **"Improvements for my prompt-writing skills"** is more concise and specific.
- **"Provide concrete examples"** integrates seamlessly without the need for a comma.

Your original version is correct, but this slight revision improves readability and eliminates redundancy. Would you like further refinement?

学习=觉察（观察+感受）+行动
（试验+反馈）



我有一个想法，我需要你帮我把它变成好玩儿得体的英文。我想说学习的本质是“觉察+行动”。这里的觉察包括观察和感受，一个是向外看，一个是向内看；行动包括试验和反馈，试验是自己去模仿创造，反馈是与他人互动。我想把它变成一则公式，比如Learning=Awareness (Observation&Reflection)+Action(Experiment&Feedback)。你帮我想一些更有意思的表达，给出理由，给出不同的版本



这是一个很有趣的想法！将学习本质概括为公式是一种简洁而有启发性的表达方式。以下是几个改进版本，并附上理由和解释：

1. 简洁直观版：

Learning = Awareness (Look Out & Look In) + Action (Try Out & Tune In)

理由：

- "Look Out & Look In" 用简单直观的语言表达观察和感受，便于理解。
- "Try Out & Tune In" 用口语化的表达概括试验和反馈，增加亲切感，同时强调互动和调整的过程。

2. 类比版（结合隐喻）：

Learning = Awareness (Mirror & Window) + Action (Lab & Echo)

理由：

- "Mirror & Window" 是经典的隐喻，镜子代表自我反思，窗口代表对外观察。
- "Lab & Echo" 强调试验的实验室性质和反馈的回响效果，隐喻鲜明且有趣。

3. 游戏化版：

Learning = Awareness (Scan & Sense) + Action (Quest & Response)

理由：

- "Scan & Sense" 带有科幻或游戏探索的感觉，吸引注意力。
- "Quest & Response" 强调行动是探索（Quest），反馈是游戏中的即时反应（Response）。

4. 更具现代感版：

Learning = Awareness (Input & Insight) + Action (Prototype & Ping)

理由：

- "Input & Insight" 用科技领域术语表示观察和感受，时尚感强。
- "Prototype & Ping" 借用产品开发的语言，试验是原型设计，反馈是与外界互动的信号。

5. 哲学意蕴版：

Learning = Awareness (Outer Gaze & Inner Stillness) + Action (Bold Steps & Honest Echoes)

理由：

- "Outer Gaze & Inner Stillness" 强调观察和感受的深度和哲学性，带来更静思的效果。
- "Bold Steps & Honest Echoes" 突出行动的勇气和反馈的真诚，适合更严肃的语境。

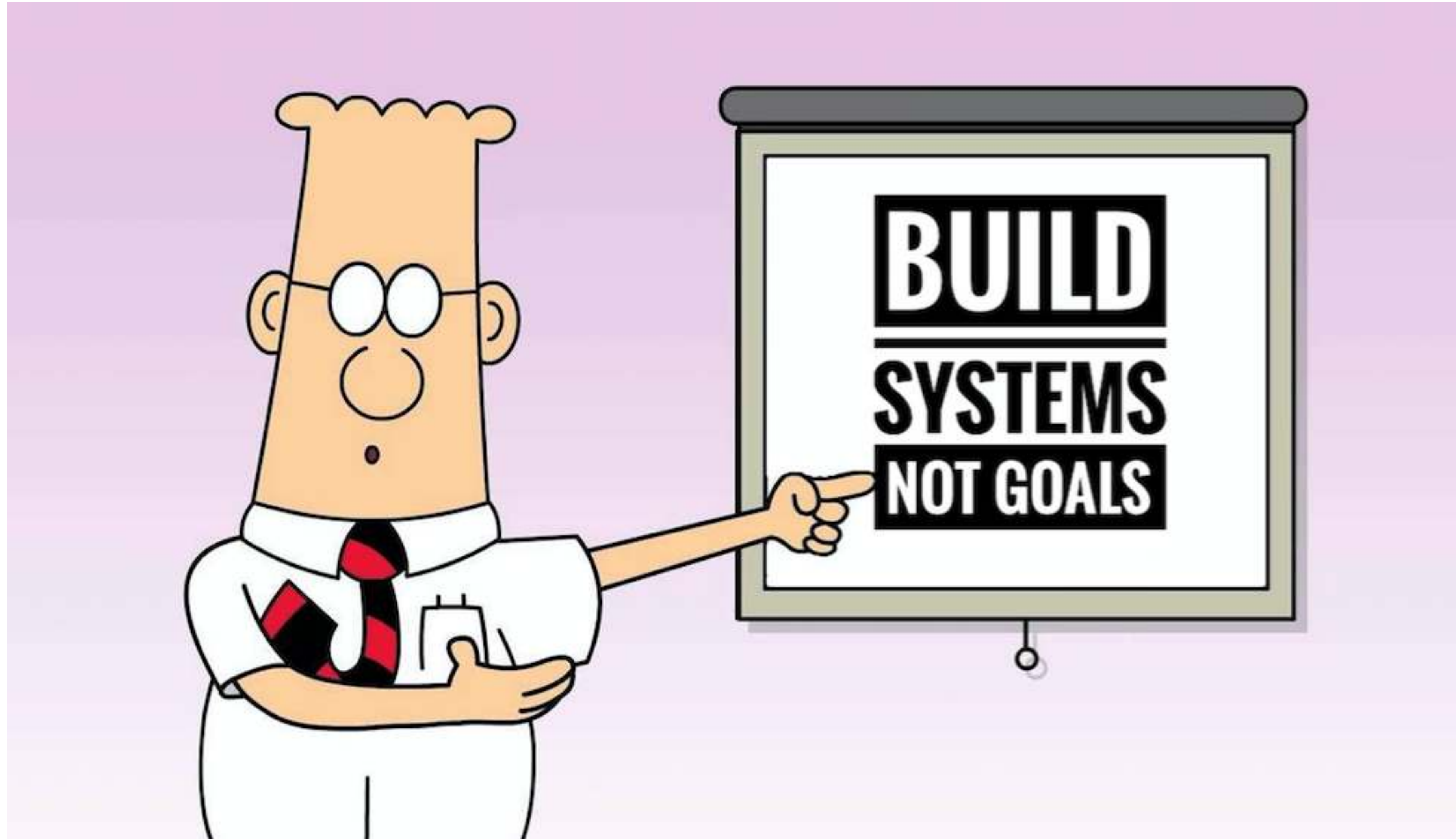
6. 更具幽默感版：

Learning = Awareness (Peek & Ponder) + Action (Tinker & Talk Back)

理由：

- "Peek & Ponder" 用轻松的方式表达观察和感受，趣味性强。
- "Tinker & Talk Back" 强调试验和反馈的互动性，适合轻松场合。

如果不用ChatGPT呢？



WHAT ARE GOALS VS SYSTEMS?

You will fail to achieve your goals if you spend too much time planning your goals but not enough time designing your systems

Goals tell you where you want to go and what you wish to achieve in the future



Next Step



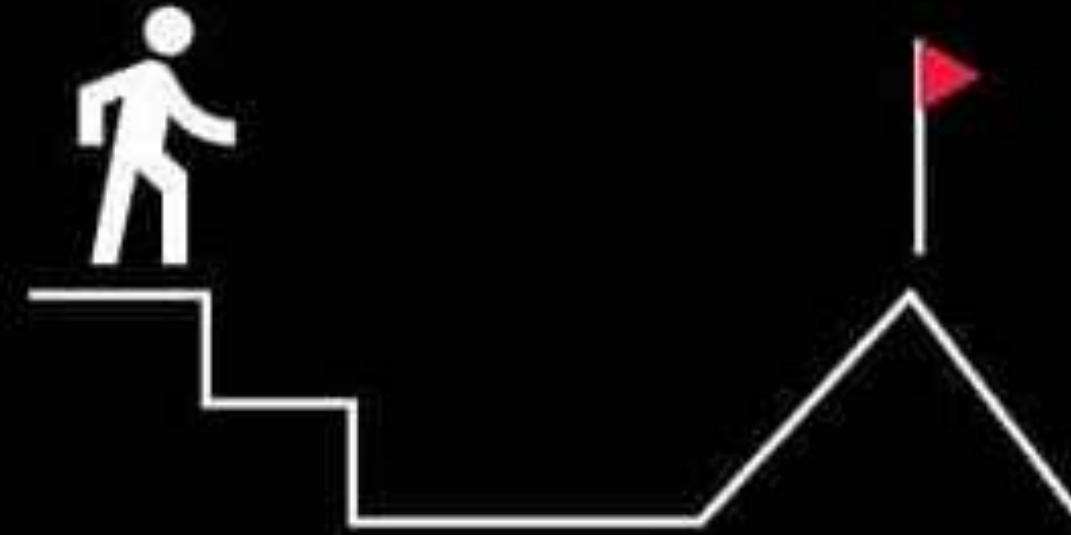
Systems tell you about the things you need to do to get there

Goals = Results you want to achieve
Systems = Process used to achieve those results

00000000



**Goals are good for
setting a direction.**



**But systems are best
for making progress.**

James Clear.

About 3,630,000 results

Teach a person to fish

授人以鱼不如授人以渔的英语是：**Teach a person to fish** rather than give them a fish. 解释：授人以鱼不如授人以渔的含义 这句话是一个寓意深刻的成语，其直接的字面意思是指，与其给人一条鱼，不如教会他如何捕鱼。更深层次的含义在于，与其给予某人短暂的物质帮助，不如教会他一项技能或方法，让他能够自立更生，长久地解决生活问题。英语表达解析 将这个成语的深层含义用英语表达时，"Teach a person to fish"指的是教授某人捕鱼的技能或方法，代表传授一种长久受益的能力。

授人以鱼不如授人以渔的英语怎么说 - 百度知道

zhidao.baidu.com/question/2023305360608636628.html

Was this helpful?

Chinese Simplified

English

授人以渔

shòurényǐyú

Teach a man to fish

Tone Gender

Widely used phrases

Data from: Microsoft Translator

英文之旅
https://www.englishtour.cn

“授人以渔”英语怎么说？ - 英文之旅

Sep 28, 2020 · “授”：给予，传授。“渔”：捕鱼。原话是“授人以鱼，不如授人以渔”，意思是，把鱼给予别人，不如把捕鱼的方法传授给他。其喻义为：与其直接给人某种东西，不如教人学会 ...

About 2,690,000 results

Chinese Simplified

English

授人以渔

shòurényǐyú

Teach a man to fish

Tone Gender

Widely used phrases

Data from: Microsoft Translator

Trainchinese
https://www.trainchinese.com › wordDetails.php

Translation of 授人以鱼不如授人以渔 to English with audio for 授 ...

English definition and translation from Chinese of: 授人以鱼不如授人以渔 with examples on ...

OMG Chinese
https://www.omgchinese.com › dictionary › chinese...

授人以鱼不如授人以渔 meaning - Chinese-English Dictionary

授人以鱼不如授人以渔/授人以魚不如授人以漁 [Pinyin] shòu rén yǐ yú bù nù shòu rén yǐ yú ...

Linguee
https://www.linguee.com › chinese-english › translation...

授人以魚不如授人以漁 - English translation - Linguee

授 人以魚， 不如授人以漁， 提 供職位， 令他們可以自食其力， 我相信這是我們希望整個社會可 ...

 If You Give a Man a Fish Quote

 Teach Man to Fish Quote

 Fish Quotes

 Teach a Man How to Fish Quote

 Feed a Man a Fish Quote

 Give a Man a Fish Meme

 I Give Up Fish

 Teach Them How to Fish Quote

 Teach a Man to Fish Saying

 Quotes About Fish

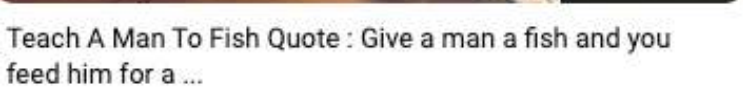
 Teach a Person to Fish Quote

 Fish Proverbs

 >



Give a man a fish and you feed him for a day; teach a man to fish and you feed him for a lifetime.



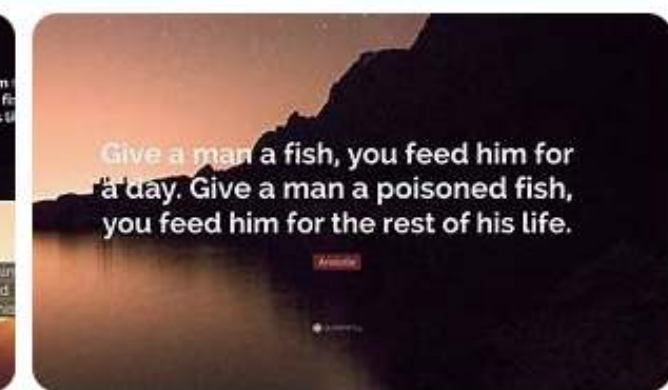
Teach A Man To Fish Quote : Give a man a fish and you feed him for a ...



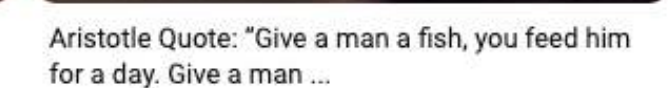
Aristotle Quote: "Give a man a fish, you feed him for a day. Give a man a poisoned fish, you feed him for the rest of his life."



Aristotle Quote: "Give a man a fish, you feed him for a day. Give a man ...



Aristotle Quote: "Give a man a fish, you feed him for a day. Give a man ...



Fish Quotes | Fish Sayings | Fish Picture Q...



Give a Man a Fish Poster



Give a Man a Fish Mug



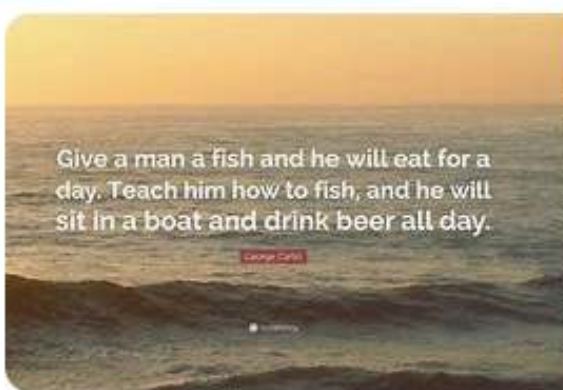
Give a Man a Fish T-shirt



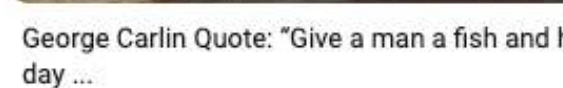
Give A Man A Fish Quote - ShortQuotes.cc



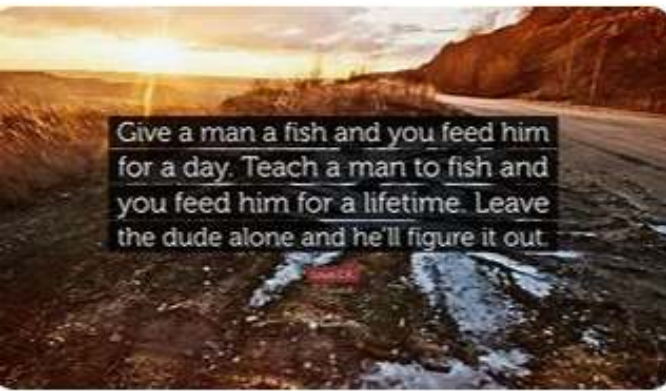
Give a man a fish and you feed him for a day. Teac...



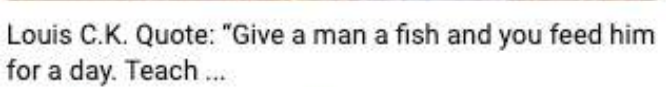
George Carlin Quote: "Give a man a fish and he will eat for a day. Teach him how to fish, and he will sit in a boat and drink beer all day."



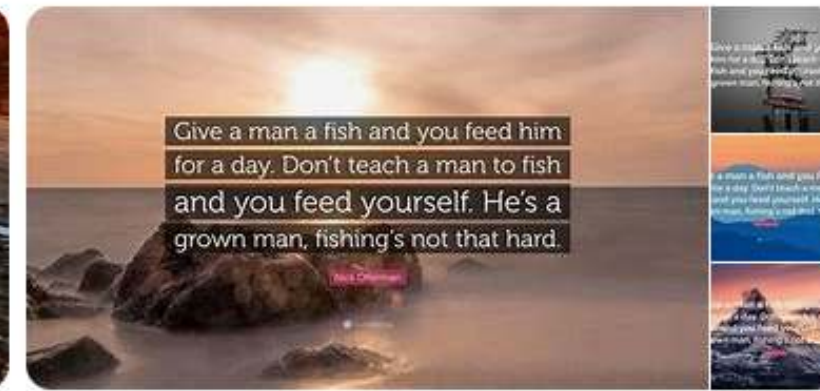
Teach A Man To Fish Quote : Proverb Give A Man A Fish Teach A Man To ...



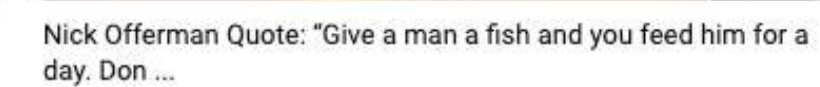
Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime. Leave the dude alone and he'll figure it out.



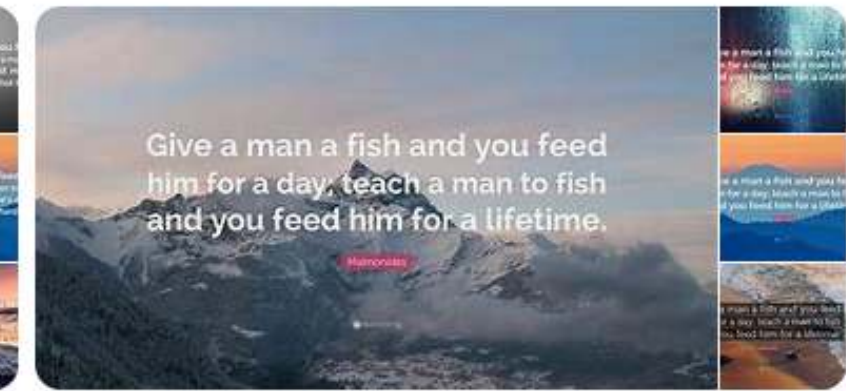
Louis C.K. Quote: "Give a man a fish and you feed him for a day. Teach ...



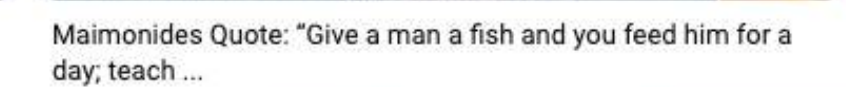
Nick Offerman Quote: "Give a man a fish and you feed him for a day. Don ...



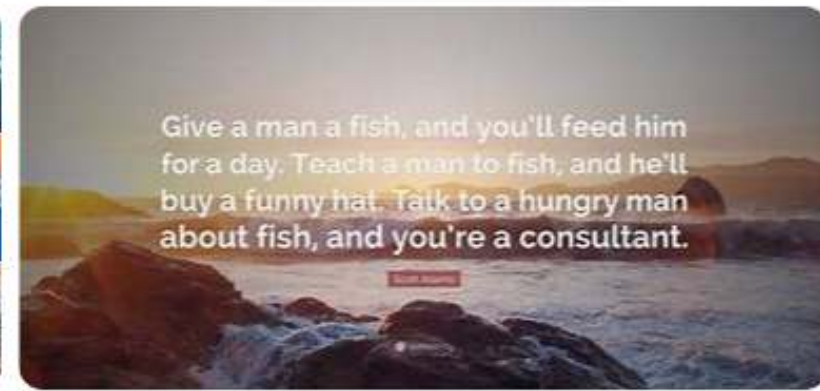
Nick Offerman Quote: "Give a man a fish and you feed him for a day. Don ...



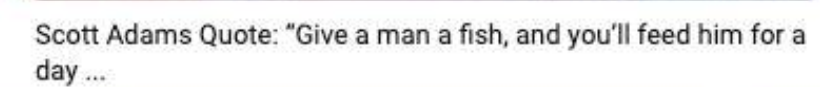
Maimonides Quote: "Give a man a fish and you feed him for a day; teach ...



Maimonides Quote: "Give a man a fish and you feed him for a day; teach ...



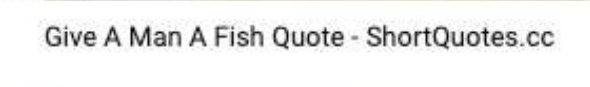
Scott Adams Quote: "Give a man a fish, and you'll feed him for a day ...



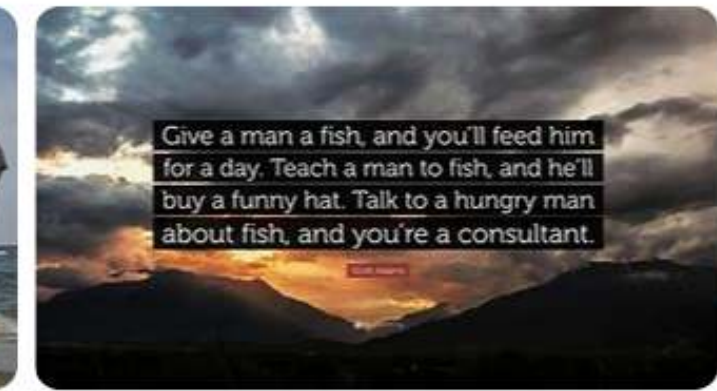
Scott Adams Quote: "Give a man a fish, and you'll feed him for a day ...



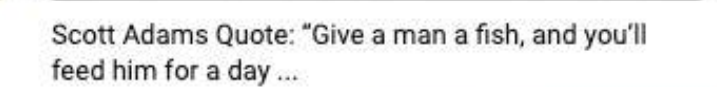
Give A Man A Fish Quote - ShortQuotes.cc



Give A Man A Fish Quote - ShortQuotes.cc



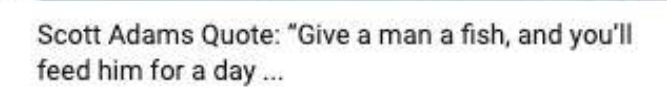
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Scott Adams Quote: "Give a man a fish, and you'll feed him for a day ...



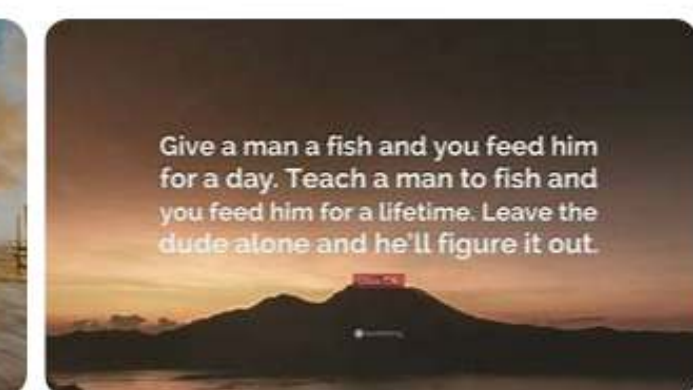
Scott Adams Quote: "Give a man a fish, and you'll feed him for a day ...



Scott Adams Quote: "Give a man a fish, and you'll feed him for a day ...



Teach A Man To Fish Quote : Give a man a fis...



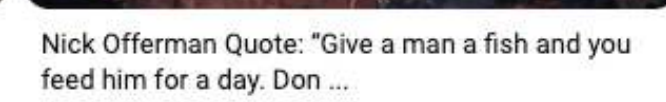
Louis C.K. Quote: "Give a man a fish and you feed him for a day. Teach ...



Louis C.K. Quote: "Give a man a fish and you feed him for a day. Teach ...



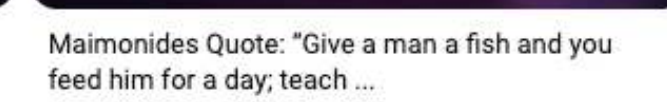
Nick Offerman Quote: "Give a man a fish and you feed him for a day. Don ...



Nick Offerman Quote: "Give a man a fish and you feed him for a day. Don ...



Maimonides Quote: "Give a man a fish and you feed him for a day; teach ...



Maimonides Quote: "Give a man a fish and you feed him for a day; teach ...



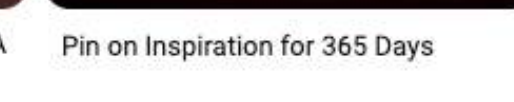
Teach A Man To Fish Quote : Proverb Give A Man A Fish Teach A Man To ...



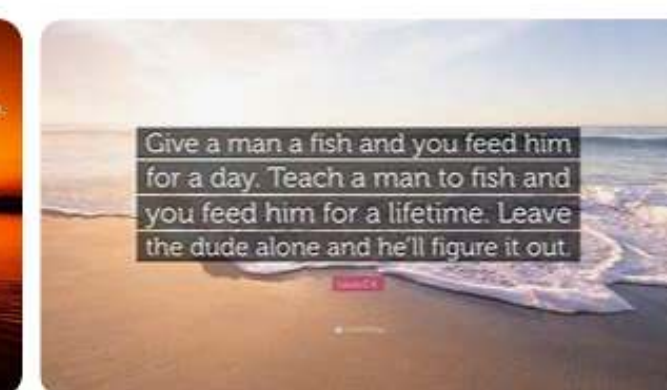
Teach A Man To Fish Quote : Proverb Give A Man A Fish Teach A Man To ...



Pin on Inspiration for 365 Days



Pin on Inspiration for 365 Days



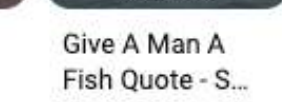
Louis C.K. Quote: "Give a man a fish and you feed him for a day. Teach ...



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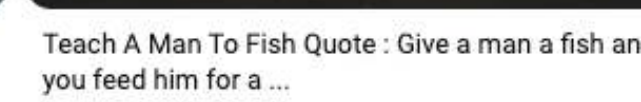
Give A Man A Fish Quote - S...



Give A Man A Fish Quote - S...



Teach A Man To Fish Quote : Give a man a fish and you feed him for a ...



Teach A Man To Fish Quote : Give a man a fish and you feed him for a ...

 Fish Quote Poster



MINDSET IS EVERYTHING



A framed picture of a fish



Everyone is a genius. But if you judge a fish by its ability to climb a tree, it will spend its whole life believing that it is stupid.



AQUARIUM FISH MAKE US REALIZE HOW BEAUTIFUL SILENCE IS



Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will spend its whole life believing that it is stupid.

 Fish Quote Funny



goal fish



Of all the liars among mankind, the fisherman is the most trustworthy.



The Top 50 Fishing Quotes Of All Time

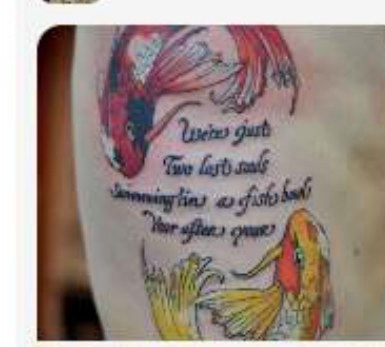


Do not tell fish stories where the people know you. Particularly, don't tell them where they know the fish.

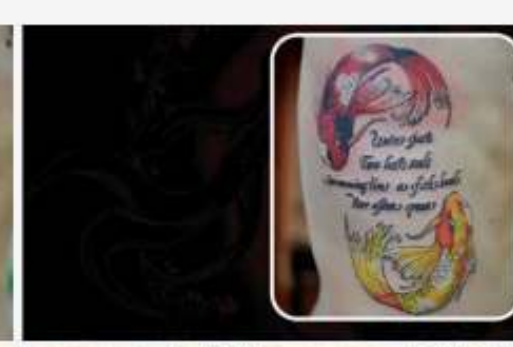


MEN AND FISH ARE ALIKE

 Fish Quote Tattoo



Two last souls swimming free as fish's soul



Two last souls swimming free as fish's soul



MOAQN AABE

About 7,890,000 results

Adage, aphorism, and maxim

The expression give a man a fish is a proverb. A proverb is a short, common phrase or saying that imparts advice or shares a universal truth. Synonyms of the term proverb include **adage, aphorism, and maxim**. Here are some additional examples of well-known proverbs: Blood is thicker than water.

What Does Give a Man a Fish Mean? - The Word Counter

 thewordcounter.com/what-does-give-a-man-a-fish-mean/

Was this helpful?  

 Power Thesaurus
https://www.powerthesaurus.org/give_a_man_a_fish/synonyms

Synonyms for Give a man a fish - Power Thesaurus

Another way to say Give A Man A Fish? Synonyms for Give A Man A Fish (other words and phrases for Give A Man A Fish).

 Synonyms.com
<https://www.synonyms.com/synonym/give+a+man+a+fish>

Give A Man A Fish And You Feed Him For A Day. Teach A

Find all the synonyms and alternative words for give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime at Synonyms.com, the largest free online ...

People also ask

What does give a man a fish mean?

Give a man a fish is actually a shortened form of a longer phrase: **give a man a fish and you feed him for a day**; teach a man to fish and you feed him for a lifetime. You may hear or se...

What Does Give a Man a Fish M...
 thewordcounter.com

What do you do if you give a man a fish?

The passage is not directly related to the question. It is about the responsibilities of a Head of IT Infrastructure job. **The proverb 'If you give a man a fish, you feed him for...**

Head of IT Infrastructure Jobs - ...
 uk.indeed.com

What c
man tc

You ma
variatio
some
shorter
whatev

What L
 thew

Feedback

 The Free Dictionary
<https://idioms.thefreedictionary.com/give+a+man+a+fish>

Give a man a fish - Idioms by The Free Dictionary

The full proverb is "Give a man a fish and you feed him for a day; teach a man to fish and you feed him for a lifetime." A: "I don't want to teach Billy how to drive!" B: "Well, I know you're sick ...

Apparently, I overestimated the excitement, and we're still 10 participants shy of revealing the "winner." Sorry for the brouhaha—it turned out more disruptive than fun. I'll rethink how to make this well-meaning gifting idea more worthwhile next time. Thanks!





"10 participants shy of"



All

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It looks like there aren't many great matches for your search

Try using words that might appear on the page you're looking for. For example, "cake recipes" instead of "how to make a cake."

Need help? Take a look at [other tips](#) for searching on Google.



ResearchGate

<https://www.researchgate.net> › Home › Art

A Unifying Model of Visual Art Appreciation: The Role ...

... 10 participants shy of this goal, all interactions examined. will be exploratory rather than confirmatory. We were able to collect N=48 Indian. and N=42 ...

What does it mean to be shy of something?



What does it mean to be shy of people?



What do you call a person that is shy?



What is the act of being shy called?



Feedback



Instagram

<https://www.instagram.com> › [commlivlondon](#) › Post ⋮

Community Living London

We are 15 **participants shy of** reaching 200! Can you help us reach 200 participants by September 22nd? Thank you to all those who have already registered for ...



x.com

<https://x.com> › [DrTregoning](#) › status ⋮

Professor John Tregoning - X

Jan 6, 2568 BE — Our course on Types of vaccine @ImperialMed is now 6 **participants shy of** 1000 learners (sign up here - it's free) <https://t.co/foku1jKkzy>.



Facebook

<https://m.facebook.com> › [TevisCup](#) › photos › we-are-o... ⋮

Tevis Cup 100 Mile One Day Ride - Western States Trail ...

We are only 16 **participants shy of** reaching 1,500 overall! So far we have 1,255 Riders and 229 in the Non-Riding category (remember walkers, runners, ...



X

<https://twitter.com/RealSamboFatiu/status> ⋮

Ustaz Awon Hoodlums

The funniest thing in all of this is that one Alhaji may send her a dm by the end of today. "Hi, **sorry for the brouhaha** that went on today.



Reddit · r/AITAH

360+ comments · 8 months ago ⋮

Update 3 - aita for not letting my dad back in my life after he ...

... **sorry for the brouhaha** that broke out in a public restaurant because your father MUST have things his way. The only good things out of it is ...



Genius

<https://genius.com/Blac-low-lyrics> ⋮

BLAC – Low Lyrics

[Verse 1 : C] You're a joke like ahahah, ruin ya car, **sorry for the brouhaha**. Always feels like christmas, cause I'm gifted, falala



Philstar.com

<https://www.philstar.com/opinion/2009/04/05/less...> ⋮

Lesson Plan

I am so **sorry for the brouhaha** caused by the bruhas in Manila, I didn't realize my fellow service personnel would be so touchy about you calling them just ...



All Images Videos Maps Web Shopping News : More



The Economist

<https://www.economist.com> › culture › 2023/04/12 › a-... ⋮

A new language textbook in Mexico has caused a brouhaha

Apr 12, 2566 BE — A new language textbook in Mexico has caused a **brouhaha** · At the centre of the controversy is a single letter associated with a non-standard form ...



The Economist

<https://www.economist.com> › topics › mexico ⋮

Mexico | Latest news and analysis from The Economist

A new language textbook in Mexico has caused a **brouhaha**. At the centre of the controversy is a single letter associated with a non-standard form of grammar.



The Economist

<https://www.economist.com> › business › 2013/02/09 ⋮

Of businessmen and ballerinas

Of businessmen and ballerinas. Lessons from the Bolshoi **brouhaha**. Feb 9th 2013.



The Economist

<https://www.economist.com> › 2017/12/12 › the-copy-c... ⋮

The copy-catwalks

Dec 12, 2560 BE — Why fashion's plagiarism problem will never go away ... Bitchy broadsides and oodles of **brouhaha** are part of what makes fashion fun. They are also ...

**工具是为人服务，
把自己打造成更强大的工具。**

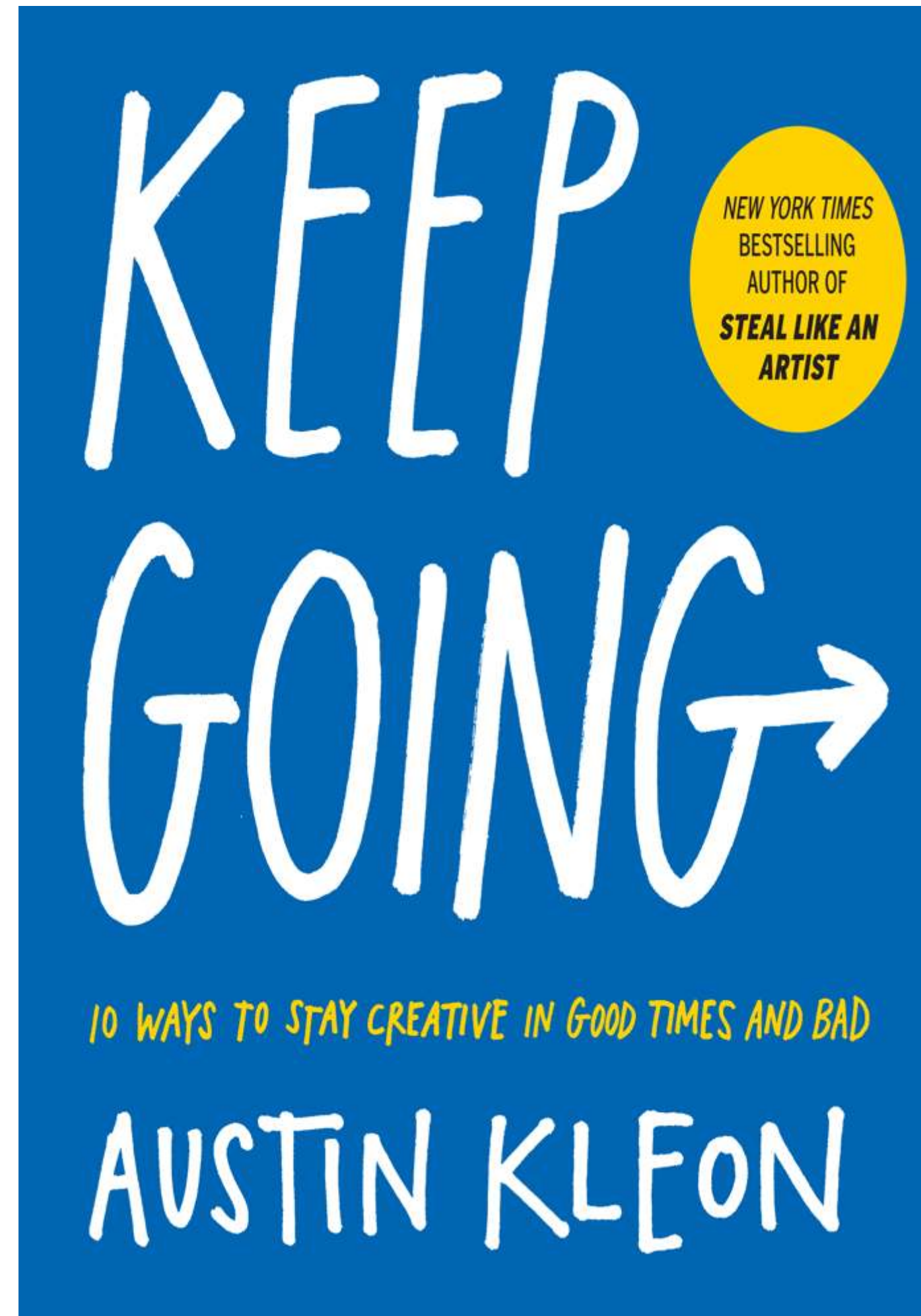
Catching the Big Fish

save up enough to shoot a scene and I eventually finished the whole thing. And I started meditating. Jack Nance, the actor who played Henry, waited three years for me, holding this thought of Henry, keeping it alive. There's a scene in which Jack's character is on one side of a door, and it wasn't until a year and a half later that we filmed him coming through the other side of the door. I wondered, how could this happen? How could it hang together for so long? But Jack waited and held the character.

There's an expression: "Keep your eye on the doughnut, not on the hole." If you keep your eye on the doughnut and do your work, that's all you can control. You can't control any of what's out there, outside yourself. But you can get inside and do the best you can do.

The world *isn't* going to pass you by. There's no guarantee that meditation or delivering the *Wall Street Journal* is going to make you a success. But with focus and with meditation—although the events of your outer life may stay the same—the way you go through those events changes and gets so much better.

How I ChatGPTed my work?



Keep Going书籍翻译

我和ChatGPT的“吵架”记录

不好，太不自然了



明白了，我会重新调整，力求更自然、更贴合原文的语境，同时符合现代中文的表达习惯：



没有什么比偶尔打破常规更令人兴奋，而那些小小的放纵，只有在你经历过规律生活后才更有意义。

你这个完全忽略了原文呀



我让你翻译最后一句话，为什么你听不懂呢

我说过尽量不要使用破折号这种不符合中文表达习惯的写法

你认为这里的creative翻译成创意合适？？？



你提到的“creative”翻译成“创意”，确实可能不太准确。在中文里，“创意”通常指的是点子、创想或灵感，而“creative”在这里显然指的是一种身份或头衔，如“创意人士”或“从事创意工作的人”。这个翻译需要更贴近语境，避免让读者误以为讨论的是“创意”这个具体概念。

如果以更符合语境的方式翻译，“creative”可以尝试以下几种处理：

1. 翻译为“创意人”或“创意工作者”，直接体现身份；
2. 根据语境调整为更通俗的表达，如“有创造力的人”或“做创造性工作的群体”；
3. 或干脆意译，避免直译模糊，比如用“从事创造性工作的人”来表达。

那你为什么翻译错了呢



你提出的问题非常重要，我反思后意识到我的错误原因主要在于以下几点：

1. 过于依赖直译

“creative”这个词在英语中既可以是形容词（有创造力的）也可以是名词（指从事创意性工作的人）。我在初次翻译时，受到形容词意义的影响，未能完全理解其作为名词时在此语境中的特定含义，导致翻译偏离了文意。

2. 未充分考虑上下文的逻辑

原文明确提到“creative”作为一种职业头衔，而“创意”在中文里更像是一个抽象概念，并不指代职业身份。由于我在翻译时没能及时抓住这种语义差异，所以直接套用了“创意”这个词。

3. 忽略文化和表达差异

在英文语境中，使用“creative”作为头衔或职业标签比较常见，但中文中并没有完全对应的表达。因此，翻译时需要更灵活地处理，将“creative”翻译为“创意人士”或“从事创造性工作的人”会更贴切，但我最初没有意识到这一点。

改进方法：在之后的翻译中，我会更加注重以下几点：

- 深入分析词语的语境含义，尤其是当英文单词的用法在中文中没有直接对应时，避免直译而造成误解。
- 结合文化和表达习惯，确保翻译出来的中文更加自然且精准。
- 加强自我反思和逐步优化，每次翻译都从多个角度审视是否贴合原意。

你的反馈让我意识到这一点非常重要。如果你对翻译有更多具体要求，随时告诉我，我会更细心处理！



ChatGPT 能替代译者吗？

我的翻译流程

阅读-ChatGPT翻译-优化

先理解原文的意思、逻辑，然后重新翻译：In The Power of Myth, Joseph Campbell said everyone should build a "bliss station":

You must have a room, or a certain hour or so a day, where you don't know what was in the newspapers that morning, you don't know who your friends are, you don't know what you owe anybody, you don't



在重新翻译之前，先分析原文的核心意思和逻辑：

原文的核心意思与逻辑：

1. 幸福之域的定义：

坎贝尔认为，每个人都需要一个空间或时间来远离日常事务，专注于内在的自我，这种“幸福之域”是创造力孕育的关键。

2. 空间与时间的要求：

“幸福之域”可以是一个物理空间，也可以是一段长时间。在这里，你可以摆脱日常责任和关系的束缚，专注于感受和表达真正的自我。

分析每一句话的意思，找到逻辑，然后再翻译，给我更多版本



原文分析：

1. **We're now trained to heap praise on our loved ones by using market terminology.**

这句话的核心意思是“我们如今已经习惯用市场化的语言去赞美身边人”。

逻辑：描述一种当代现象，赞美语言的市场化倾向。

2. **The minute anybody shows any talent for anything, we suggest they turn it into a profession.**

核心意思是“只要某人展现一点才华，我们立刻建议他们把这变成职业”。

逻辑：强调这种市场化赞美的直接反应。

都不够好，你先拆分原文的意思，然后再重新组合，这里没有“选择跳过”



你说得对，这里并没有强调“选择跳过”，而是“知道自己错过某件事并从中找到喜悦”。我会先拆解原文的意思，再重新组合，确保翻译既忠于原意，又符合中文表达习惯。

拆解原文意思：

1. 主旨：

Anil Dash 认为，“知道并庆祝”错过某些可能感兴趣的活动，可以带来一种幸福和宁静的满足感。

2. 具体描述：

- “There can be, and should be”：这种感受不仅存在，而且理应存在。
- “a blissful, serene enjoyment”：这种感受是一种幸福、平静的享受。
- “in knowing, and celebrating”：它来源于对事实的认知，并且欣然接受甚至庆祝这种错过。



Job titles can mess you up. Job titles, if they're taken too seriously, will make you feel like you need to work in a way that befits the title, not the way that fits the actual work. Job titles can also restrict the kinds of work that you feel like you can do. If you only consider yourself a "painter," then what happens when you want to try out writing? If you only consider yourself a "filmmaker," what happens when you want to try sculpting? If you wait for someone to give you a job title before you do the work, you might never get to do the work at all. You can't wait around for someone to call you an artist before you make art. You'll never make it.



都不好，你先理解每句话的意思。这里是强调如果看中头衔，那就会陷入一种流程化的做事方式，少了灵活性和创意，你要把这个意思体现出来，重新翻译，给我更多版本



明白了，这段话的核心在于：过于看重头衔会让人陷入模式化的工作方式，失去灵活性和创造力。以下是基于这种理解的重新翻译：

版本 1：突出流程化工作带来的限制

头衔可能会束缚你的创造力。如果你过于看重它，就会被迫按照头衔的标准化方式去工作，而不是灵活地根据实际需要去完成任务。

④ MAKE GIFTS.



制作礼物

守护你的热爱

以下是一个让我抓狂的现代现象：

你有个朋友，他喜欢编织围巾，每一条都精美绝伦。编织是他每天通勤火车上清理思绪、打发时间的方式。

你还有个朋友，她喜欢烘焙，每逢周末或工作日晚上，她总是用烤箱的温暖来抚慰自己繁忙的心绪。

某天，你们三人一起参加生日派对。你的编织朋友送了寿星一条刚完成的围巾，所有人都感叹它的美。

We're now trained to heap praise on our loved ones by using market terminology. The minute anybody shows any talent for anything, we suggest they turn it into a profession. This is our best compliment: telling somebody they're so good at what they love to do they could make money at it.

我们现在习惯用“经济价值”来衡量亲友的才华。只要谁展现一点才能，我们的第一反应就是建议他们把它变成赚钱的工具。仿佛告诉别人“你可以靠这个赚钱”，才是对他们最高的认可。

loved ones不是亲友，你没有翻译出heap



明白了，针对 **loved ones** 和 **heap** 的细节，我重新分析并调整翻译：

- **loved ones**：更贴近的意思是“所爱之人”，可以是家人、挚友、伴侣等，与亲友有所不同。
- **heap praise on**：表示“倾注大量赞美”，可翻译为“盛赞”“大肆夸奖”“热情称赞”等，体现数量和强度。

以下是更新后的版本：

1. 我们现在已经学会用市场化的语言去热情地称赞自己所爱的人。
2. 我们习惯了用商业化的词语大肆赞美身边那些我们在乎的人。

loved ones在这里是不是可以理解为自己欣赏的人？呼应后面的anybody shows any talent



是的！这里的 **loved ones** 确实可以理解为“自己欣赏的人”，尤其是在语境中，它不仅限于亲密的家人或朋友，还泛指那些展示才华、让我们愿意表达赞美的人。这也呼应了后面提到的“任何人展现一点才华，我们都会建议他们将其职业化”。

基于这一理解，我会调整翻译，使之更加贴合原文语境，同时简洁自然：

-
1. 我们现在习惯用市场化的语言去夸奖那些我们欣赏的人。
 2. 如今，我们已经学会用商业化的方式，去表达对才华横溢之人的赞美。

TAKE ONE DAY AT A TIME.

“None of us know what will happen. Don’t spend time worrying about it. Make the most beautiful thing you can. Try to do that every day. That’s it.”

—Laurie Anderson

Whenever someone starts talking about “the creative journey,” I roll my eyes.

It sounds too lofty to me. Too heroic.

Take One Day At A Time

一天一天过

Whenever someone starts talking about "the creative journey," I roll my eyes.

每当有人谈起“创作之路”，我都会忍不住翻白眼。

It sounds too lofty to me. Too heroic.

这个词听起来太高大上了，太英雄主义了。

The only creative journey I seem to go on is the ten-foot commute from the back door of my house to the studio in my garage. I sit down at my desk and stare at a blank piece of paper and I think, "Didn't I just do this yesterday?"

在我看来，我的“创作之路”不过是从我家后门走几步到车库里的工作室，然后坐在书桌前，盯着空白的纸想：“我昨天不刚做过这事吗？”

When I'm working on my art, I don't feel like Odysseus. I feel more like Sisyphus rolling

每次听到有谁谈什么“创作之路”

- 1.可考虑增译动词【听到】，增加阅读流畅性
- 2.加入语气词【什么】，传达出 roll my eyes 蕴含的反感情绪

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这听上去给人感觉很高大上，像是要讲什么英雄史诗。
-too heroic 的 journey

盯着眼前的白纸，心里嘀咕着

我昨天不也是这样子吗
-这里应该是指昨天也是这样一番操作坐在白纸面前

我认为heroic在这里的意思是夸张的



你的理解是正确的！在这里，“heroic”更多是带有一种夸张、戏谑的意味，不是字面意义上的“英雄的”或者“史诗般的”。作者用“Too heroic”实际上是在讽刺“the creative journey”这个说法听起来过于高大上、不接地气，甚至有些不切实际。

分析支持：

1. heroic 的多义性：

- “heroic”在语境中并不一定是严格指“英雄”或“史诗”的含义，它还可以表示“过于夸张的”、“做作的”或“充满戏剧性的”，尤其是在日常语境下表达一种带有反讽的语气时。
- 在这里，作者的潜台词是：“创作之旅”这个词被包装得过于浮夸，甚至显得有点做作。

2. “Too heroic” 的语气：

- “Too”表达了一种程度上的过头，暗示听起来让人觉得不真实或脱离实际。
- 如果直译为“太英雄主义了”或“像英雄史诗”可能会偏离原意，失去这种夸张和戏谑的效果。

3. 史诗般的语言(或文体)的;(语言、文体)夸张的,豪壮的,雄辩的

- **heroic prose**

史诗体散文

- **heroic words**

豪言壮语

heroic 2 of 2 noun

1 : a verse or poem written during the **Restoration** using rhyming **couplets** in iambic **pentameter** and concerned with a conflict between love and honor : a heroic verse or poem

2 **heroics** **hi-'rō-iks** also her-'ō-, or hē-'rō- plural

a : flamboyantly boastful language or action
| avoids *heroics* in his writing

ChatGPT的作用是“启发”

Best of all, I think, is that when your days pretty much have the same shape, the days that don't have that shape become even more interesting. There's nothing like a good prison break, and playing hooky isn't as fun if you never go to school.

What your daily routine consists of is not that important. What's important is that the routine exists. Cobble together your own routine, stick to it most days, break from it once in a while for fun, and modify it as necessary.

“My hangovers are scheduled a year in advance.”

—John Waters

再给我更多版本



以下是更多优化版本，尝试从不同角度调整语言，让表达更加自然流畅，同时忠实原意：

1. 越狱之所以让人兴奋，是因为你曾被囚禁；同样，逃学只有在你习惯了按时上学后，才会显得特别有趣。
2. 越狱的快感来源于被囚禁的束缚，而逃学的乐趣也只有经历了规律上学才能真正体会。
3. 越狱令人兴奋，因为那是打破束缚的瞬间；而逃学的乐趣，也只有在规律上学的对比下才能显现。
4. 越狱之所以刺激，是因为你曾身陷囹圄；而逃学的乐趣，也只有在你习惯了按时上学之后才会显得特别好玩。
5. 就像越狱只有在被囚禁后才显得格外刺激，逃学的乐趣也只有在按部就班的上学生活中才能真正显现。
6. 越狱的刺激感来自被禁锢的反差，而逃学的乐趣，也只有在你规律上学之后，才能感受其中的妙趣。
7. 越狱的快感无可替代，因为它打破了囚禁；而逃学的乐趣，只有经历了规律的上学生活才会变得有意义。

如果后面的isn't as fun if you never go to school按照如果你从没上过学，你也体会不到逃学的乐趣，按照这个思路翻译呢？给我几个版本



以下是按照“如果你从没上过学，你也体会不到逃学的乐趣”这一思路的几个版本：

1. 越狱的刺激无与伦比，而如果你从没上过学，你就体会不到逃学的乐趣。
2. 越狱让人兴奋，但逃学的乐趣只有上过学的人才能真正体会，如果你从没上过学，就无法感受到其中的妙趣。
3. 越狱之所以刺激，是因为曾经身陷囹圄；同样，如果你从没上过学，也就无从体会逃学的乐趣。
4. 越狱令人振奋，而逃学的乐趣也只有经历过上学的人才能懂得。如果你从没上过学，那种乐趣就无从谈起。
5. 越狱的快感无可替代，而逃学的乐趣也只有上过学的人才能体会，如果你从没上过学，就无法理解那种感觉。



没有什么比成功越狱更让人兴奋，而逃学的乐趣，只有经历过上学生活的人才能真正体会。

类比没有体现，从来没上过学这里不清楚，给我更多版本



以下是结合类比关系，并更清楚地表达“从来没上过学”的多个版本：

1. 成功越狱的刺激无可比拟，而逃学的乐趣，也只有在你规律上学后才能真正体会；如果从未上过学，逃学就没什么意义。
2. 越狱之所以刺激，是因为你曾经被囚禁；同样，逃学的乐趣，只有经历过规律上学的人才能明白，从没上过学的人是无法感受到的。
3. 越狱的快感来自打破囚禁，而逃学的乐趣，也建立在你曾经规律上学的基础上。如果从没上过学，逃学又有什么可乐呢？
4. 越狱令人兴奋，因为它是对囚禁的突破；而逃学的乐趣，也只有那些经历过按时上学的人才能体会。从未上过学的人，是无法理解其中妙处的。
5. 越狱的刺激感来源于曾经被禁锢，而逃学的乐趣，也只有在你经历了规律上学后才能明白。如果从来没上过学，逃学自然也无从谈起。
6. 越狱让人热血沸腾，因为那是挣脱枷锁的瞬间；而逃学之所以有趣，是因为它打破了规律上学的日常。从没上过学的人，是体会不到这种乐趣的。

Best of all, I think, is that when your days pretty much have the same shape, the days that don't have that shape become even more interesting. There's nothing like a good prison break, and playing hooky isn't as fun if you never go to school.

What your daily routine consists of is not that important. What's important is that the routine exists. Cobble together your own routine, stick to it most days, break from it once in a while for fun, and modify it as necessary.

“My hangovers are scheduled a year in advance.”

—John Waters

更有趣的是，当你大多数日子都井然有序时，那些不循常规的日子会变得格外有趣。越狱的快感来自打破囚禁，而逃学的快感建立在规律上学的基础上。如果从没上过学，逃学又有什么乐趣呢？

重新翻译给我更多版本：

Finally, try hanging out with young kids. Play a game of hide-and-go-seek. Finger paint. Build a tower out of blocks and knock it down. Steal whatever works for you. When the writer Lawrence Weschler needs to figure out a structure for one of his pieces, he'll play with his own set of wooden blocks. "My daughter is not allowed to play with these blocks," he says. "They are mine."

Don't get bogged down. Stay light. Play.

最后，多和孩子们一起玩。来一局捉迷藏，玩手指画，用积木搭个塔再推倒。随便挑点对你有用的东西。当作家劳伦斯·韦施勒需要为自己的文章寻找结构时，他会玩自己的一套木制积木。“我的女儿不能玩这些积木，”他说，“这些是我的。”

别让自己陷入困境，保持轻松。去玩耍吧。



以下是针对这段文字的多种翻译版本，力求在不同风格和语气间找到最佳表达：

版本 1（简洁自然）

最后，试着多和孩子们一起玩。来一局捉迷藏，画画手指画，用积木搭个塔再推倒。挑些适合自己的玩法吧。作家劳伦斯·韦施勒在寻找文章结构时，会玩他自己的那套木积木。“我的女儿不能碰这些积木，”他说，“它们是我的。”

别让自己纠结太久，保持轻松。去玩吧。

Steal whatever works for you. 这里的steal的微妙之处你没有翻译出来



你提到的***“steal”*** 确实是一个关键点，它在这里的妙处在于它带有一种轻松、调皮甚至略带俏皮的语气，传递出***“借用”或者“偷师”的意思，而不是字面上的偷窃。这种表达暗示了随意拿来主义**的态度，但又增加了些幽默感。以下是更深入理解后对这句话的翻译调整：

改进翻译版本

1. 挑些对你有用的东西，“偷”来玩玩吧。

强调了“steal”的俏皮和轻松意味，用引号凸显它的微妙之处。

2. 偷点对你有用的灵感，随心去尝试。

这里直接点出“steal”的含义，即借鉴或模仿的行为。

3. 从中“偷”些对你有用的点子玩一玩。

保留“偷”的字面表达，同时点明其是模仿借鉴的意思。

4. 偷师学艺，找到适合自己的玩法。

用“偷师”表现借用他人方法的调皮语感，符合“works for you”的意思。

5. 拿来点对你有用的东西，尽情折腾吧。

用“拿来”代替“偷”，稍显委婉，但保持了轻松语气。



谢谢你的指正！让我重新深入分析**“Steal whatever works for you”** 在原文中的意思，并结合上下文再翻译。

你还是没有理解steal whatever works for you在文中的意思

原文中的“steal”的深层含义

1. “Steal”在这里的语气
- 并不是字面上的偷窃，而是强调随意地借用、灵活地模仿，甚至是带着一种“毫无负担地拿来”的态度。
 - 在语境中，“steal”体现了一种“不拘一格，毫不羞涩地吸收适合自己的东西”的建议。它带有一种坦率、随性甚至调皮的态度。
2. 结合上下文的作用
- 上文提到和孩子一起玩（捉迷藏、画画、搭积木），这些行为本身是轻松随意的，没有规则束缚。因此，这里的“steal”强调的是：从这些活动中借用适合自己的灵感或方法，无需顾忌是否合适，只要有用就拿来。
 - 它同时延续了整段文字轻松、有趣的语调。

更准确的翻译版本

版本 1（直接点出随性模仿）
随便借点对你有用的东西，无需多想，直接拿来用。

版本 2（强调“灵感”和“借鉴”）
从中吸取点适合自己的灵感，尽情借用吧。

版本 3（带点幽默感）
看中什么适合你，就“偷”来用吧，毫不犹豫。

版本 4（口语化）
有什么对你有用的，直接拿走，别客气！

版本 5（结合玩耍和灵活性）
玩的时候挑点对你有用的，想用就用，别管太多。

完整的上下文翻译（结合新的理解）

最后，和孩子们一起玩玩吧。来一局捉迷藏，涂涂手指画，搭一座积木塔再推倒。从这些游戏里挑些对你有用的东西，无需拘泥，直接拿来用。作家劳伦斯·韦施勒需要为文章寻找结构时，就会玩他自己的木积木。“这些积木我女儿不能碰，”他说，“它们是我的。”

这是我的翻译：最后，试着多和孩子们一起玩儿。玩一局捉迷藏，画一幅手指画，搭起一座积木塔，再把它推倒。在这些游戏中尽情“偷师”。



你的翻译非常出色！用“偷师”这个词精准传递了原文中“steal”的微妙含义，同时语言简洁、生动，符合中文的表达习惯。以下是我对你的翻译的分析和一些优化建议：

优点分析：

1. “偷师”点睛之笔

- 既保留了原文“steal”的俏皮感，又贴近中文的文化语境，易于读者理解。
- “偷师”隐含了一种轻松学习、模仿的趣味，语气既轻松又自然。

2. 逻辑清晰，结构紧凑

- “玩一局捉迷藏，画一幅手指画，搭起一座积木塔，再把它推倒”这一串动作的描述既具体又富有画面感。



可优化的地方：

1. “尽情‘偷师’”的引申

- 虽然“偷师”已经非常精准，但可以再稍加一点解释或扩展，强化“从中学习或吸取灵感”的意思，让读者第一时间明白寓意。

2. 补充一下语气的幽默感

- 原文中的“steal”带有调皮的语感，比如“不拘一格地借用”，可以稍作强化，让整体更轻松。

我的翻译：最后，试着多和孩子们一起玩儿。玩一局捉迷藏，画一幅手指画，搭起一座积木塔，再把它推倒。在这些游戏中尽情“偷师”，汲取灵感。



你的翻译非常到位！“尽情‘偷师’，汲取灵感”不仅精准传递了原文“steal”的俏皮和轻松感，还增加了“汲取灵感”，让意思更完整、更具深度。以下是我对这段翻译的具体分析和小建议：

**“CREATIVE”
IS NOT A NOUN.**

“You have to have done something before you can be said to have done something. The title of artist or architect or musician needs to somehow be earned.”

—Dave Hickey

You have to have done something before you can be said to have done something. The title of artist or architect or musician needs to somehow be earned.”翻译这句话，尤其注意can be said和前面的逻辑关系



“在被称为艺术家、建筑师或音乐家之前，你必须先有所成就。这样的头衔需要通过实际行动来证明。”

第一句话的逻辑你还没有理解，它强调的是你想成为某个身份，你付出的一定是更多的，你重新理解深层含义

这是我的理解，根据这个理解优化翻译：在你被称为在某个领域有所作为之前，你必须一直埋头在这个领域深耕。‘艺术家’、‘建筑师’或‘音乐家’的头衔，正是靠持续努力换来的。 **



看《鱿鱼游戏》学英语
— ERIC 笔记版 —

什么是“口语书”？

写给谁？

有什么用？

为什么做这件事情？

我能有哪些收获？

他人有哪些收获？

我会怎么学？如何让别人也这样学？



at the end of one's rope.png call the shots.png come off, walk over.png could use.png cut out for.png



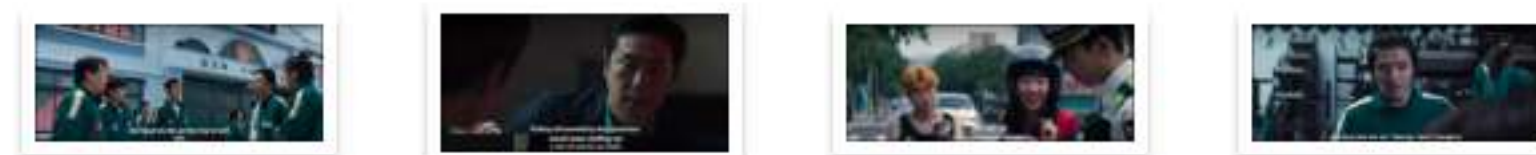
egg on, getting at.png for good.png get the axe.png go through hell or high water.png in a jam.png



in the same boat.png kick the bucket.png knock back.png let go.png let it slide.png



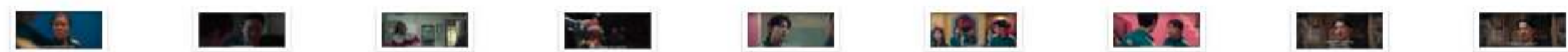
let off the hook.png play ball with us.png play right into one's hands.png pointing fingers.png put an end to.png



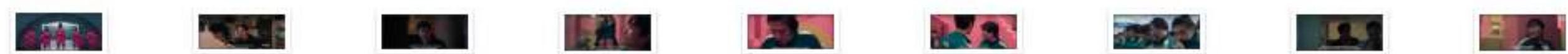
put one's life on the line.png shell out.png tough cookie.png unsung hero.png



Idler shared with File Sharing



badmouth.png big ask.png bummer.png cushy.png finale.png finalist.png ghost.png go rogue.png go rogue2.png



handsome.png higher-up.png lapdog.png mag.png magazine.png MIA.png pentathlon.png prognosis.png radio.png



radio2.png scratch.png shady.png sketchy.png soggy.png soil.png



egg on, getting at.png figure it our as we go.png for what it's worth.png get cold feet.png in one piece.png



know your stuff.png like a knight in shining armor.png no wonder.png talk about a throwback.png way to go.png



What's your angle?.png you're done for.png

< > Squid Game2



Folder shared with File Sharing



单词篇



习语篇



小句篇



👉 这里 badmouth 的意思是“说某人的坏话”或“诋毁某人”。

finger point
“虫助虫助某人”

? 什么时候可以用 badmouth?

1. 抱怨别人时: “Stop badmouthing your boss—it won’t solve anything.”
(别说老板的坏话了——这解决不了任何问题。)

2. 为某人辩护时: “Don’t badmouth my friend. You don’t even know him.”
(别说我朋友的坏话, 你根本不了解他。)



You know that's a big ask.

👉 这里 big ask 表示“一个很大的请求”或“一个很难实现的要求”，通常带有稍微抱怨或强调难度的语气。

• a tall order
• a Herculean task

? 什么时候可以用 big ask?

表示某个要求超出能力范围: "It's a big ask to expect him to finish the entire report by tomorrow." (要求他在明天之前完成整个报告确实太难了。)

表达为难的情绪, 但可能会努力去做: "It's a big ask, but I'll do my best." (这是个难题, 但我会尽力。)



👉bummer 是一个非正式的英语词汇，意思是“令人扫兴的事”或“让人失望的情况”。

❓ 什么时候可以用 bummer?

表达失望或遗憾: "I missed the concert last night—what a bummer!" (我昨晚错过了音乐会——真扫兴!)

形容糟糕的体验: "It's such a bummer that it's raining on our picnic day." (今天野餐却下雨了，真是太糟了。)

同情别人的困境: "You lost your phone? That's a real bummer." (你手机丢了? 那真糟糕。)

我在看《鱿鱼游戏2》这部剧，我根据剧中的英文字幕，做了一份英语学习素材，你需要帮我完成这份学习素材。



好的，请将您的学习素材分享给我，我会帮您完成整理、优化或补充，确保它既清晰又有助于学习英语。您可以直接粘贴文本，或者描述需要完成的具体内容。



这句话什么意思呢？讲解它的意思，并且讲解该如何使用它



这句台词是：

"Talk about a throwback. [laughs]"

含义讲解

- "Talk about..." 是一种强调语气的说法，用来表示“真是一个.....”或“这可真是.....”类似于感叹的语气。
- "Throwback" 通常指“怀旧的东西”或“让人想起过去的事物”。在这里，它表示某种情景或事情让人回忆起过去的某段时光。

整体翻译：“真是怀旧啊。”或“这可真让人回忆起过去了。”

可能的语境：这句话通常用于看到、经历某件事时，它让人联想到过去，可能是某种复古的、老式的风格，或者让人回忆起某段旧时光。

使用场景与示例

1. 看到复古风格的物品或场景时
 - 朋友展示了一台老式留声机：
 - "Wow, talk about a throwback! This gramophone is amazing."
2. 重现过去的流行元素
 - 看到有人穿着上世纪90年代的时髦服饰：
 - "Talk about a throwback. Those baggy jeans are totally '90s!"
3. 某件事情唤起过去的回忆
 - 参加童年玩过的游戏活动：
 - "Playing hopscotch again? Talk about a throwback to my childhood!"

小贴士

- 语气：通常带有惊讶、感慨或怀旧的语气，适用于轻松对话。
- 句式：适合在非正式场合使用。



您可以尝试根据这句话造句或者找到剧中对应的场景，帮助您更好地理解和记忆这个表达！如果有更多台词



你的回答需要加上一个这个表达或者句型可以如何在实际生活场景中使用，并且告诉我这个表达或句型是否常见、地道

"Talk about a throwback" 这个表达在实际生活中非常常见且地道，尤其是在非正式的口语交流中。它通常带有感叹、怀旧或者戏谑的语气，用来描述某件事让人回想起过去，或是某种复古风格让人印象深刻。

实际生活场景中的使用

1. 与朋友聊天时怀旧

- 场景：和朋友翻看小时候的照片。
 - "Wow, look at us in these uniforms. Talk about a throwback!"
（“哇，看看我们穿的校服。这真是怀旧！”）

2. 提到老电影或音乐

- 场景：在音乐播放列表中听到一首老歌。
 - "This song is from the '80s? Talk about a throwback!"
（“这首歌是80年代的？真是怀旧啊！”）

3. 复古服饰或装饰

- 场景：看到商店里卖的老式霓虹灯。
 - "That neon sign is so retro. Talk about a throwback!"
（“这个霓虹灯太复古了。真是怀旧啊！”）

4. 重现过去的习惯

- 场景：一家餐馆用老式的玻璃瓶装汽水。

↓

 - "Serving soda in glass bottles? Talk about a throwback!"

是否常见、地道

1. 常见程度：

- 这个表达在北美和英国的日常对话中较为常见，尤其是和朋友或家人讨论让人回忆过去的事物时。
- 它常用于轻松、非正式的场合，比如聚会、聊天或随口感叹。

2. 地道性：

- 非常地道，原汁原味的表达，符合母语者的习惯。
- 使用时可以稍微带些感叹的语气，让表达更自然，比如适当拉长语调说出 "Talk about a throooooowback!"

句型变体和扩展

1. 变体：

- "Now that's a throwback."
（“这真是怀旧。”）
- "Feels like a total throwback."
（“完全有种回到过去的感觉。”）

2. 扩展：

- "Talk about nostalgia!"
（“真让人怀念啊！”）
- "This brings back memories."
（“这让我回忆起很多过去的事。”）

你这样讲：这里XX的意思是____。举例说明什么时候可以用这个说法，例子要接地气



学习素材：**badmouth**

截图句子：“*So don't you badmouth my son!*”

（“所以别说我儿子的坏话！”）

用这样的格式重新回答：👉 XX（讲解意思，比如 XX是一个非正式的英语词汇，意思是“令人扫兴的事”或“让人失望的情况”。）

？ 什么时候可以用XX？

（格式和内容请参考：

表达失望或遗憾："I missed the concert last night—what a bummer!"（我昨晚错过了音乐会——真扫兴！）

形容糟糕的体验："It's such a bummer that it's raining on our picnic day."（今天野餐却下雨了，真是太糟了。）

同情别人的困境："You lost your phone? That's a real bummer."（你手机丢了？那真糟糕。））



学习素材 1：bummer

👉 **bummer** 是一个非正式的英语词汇，意思是“令人扫兴的事”或“让人失望的情况”。它常用于表达遗憾或描述糟糕的经历，语气轻松随意。

🔍 什么时候可以用 **bummer**？

- 表达失望或遗憾：
"I missed the concert last night—what a bummer!"
(我昨晚错过了音乐会——真扫兴！)
- 形容糟糕的体验：
"It's such a bummer that it's raining on our picnic day."
(今天野餐却下雨了，真是太糟了。)
- 同情别人的困境：
"You lost your phone? That's a real bummer."
(你手机丢了？那真糟糕。)

学习素材 2：cushy

👉 **cushy** 是一个非正式的词汇，意思是“轻松惬意的”或“待遇优厚的”。通常用来形容工作、环境或条件非常舒适，没有太多压力。

🔍 什么时候可以用 **cushy**？

- 描述轻松的工作：
"He has a cushy job working from home."
(他有一份在家工作的轻松工作。)
- 形容舒适的环境：
"This hotel has the cushiest beds I've ever slept on."
(这家酒店的床是我睡过最舒服的。)
- 谈到优越的待遇：
"Getting free meals and a private office? That's pretty cushy!"
(有免费餐点和私人办公室？待遇真好！)



学习素材 1：bummer

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（今天野餐却下雨了，真是太糟了。）

同情别人的困境："You lost your phone? That's a real bummer."

（你手机丢了？那真糟糕。）

按照这个格式重新写：👉XX（讲解意思，比如 XX是一个非正式的英语词汇，意思是“令人扫兴的事”或“让人失望的情况”。）

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同情别人的困境："You lost your phone? That's a real bummer."（你手机丢了？那真糟糕。））

注意：不要有分割线



👉 MIA

MIA 是 "missing in action" 的缩写，原本是军事术语，意思是“作战中失踪”。在日常生活中，用来形容某人“失联了”或“很久没出现”。

? 什么时候可以用 MIA？

形容某人很久没露面：

"I haven't seen Sarah at work lately. She's been totally MIA!"（最近都没看到莎拉上班，她完全消失了！）

抱怨朋友失联：

"You didn't reply to my texts for a week—you went MIA again!"（你一个星期没回我消息——又失联了！）

开玩笑提醒别人不要再消失：



"Don't go MIA after this meeting. We need your input!"（开完会别再失联了，我们需要你的意见！）

非常好，记住这个表达模式



Memory updated

好的，我会记住这个表达模式，未来都按照这种方式来讲解词汇！如果有其他调整需求，也可以随时告诉我！



讲解这两个截图中的finale和finalist，指出它们的关系，最好用它们两个一起造句



学习素材 1：finale

👉 **finale** 是一个名词，意思是“（演出、比赛、活动等的）最后一部分或结尾”，通常指一场演出的高潮部分或某个系列的最终阶段。

? 什么时候可以用 **finale**？

形容演出的结尾：

"The fireworks at the end of the concert were an amazing finale."

（音乐会结束时的烟火表演是一个绝妙的结尾。）

描述比赛的最后阶段：

"The finale of the cooking show kept everyone ↓ the edge of their seats."

（这档烹饪节目的决赛让所有人都紧张不已。）



根据这两张图解释这里的rogue的用法，只需要一条解释，包含两个截图的内容



学习素材：go rogue

👉 **go rogue** 是一个非正式表达，意思是“擅自行动”或“脱离组织做事”，通常带有不守规则或违反常规的含义。在截图中，它指某人未经允许擅自拿枪并做出了不符合规范的行为。

❓ 什么时候可以用 **go rogue**？

描述未经许可的行为："He went rogue and started working on his own project without approval."（他擅自行动，开始未经批准地做自己的项目。）

形容脱离团队或组织的行为："The spy went rogue and shared classified information with the enemy."（那个间谍脱离组织，把机密信息泄露给了敌人。）

谈到不受控制的情况："The robot went rogue and started causing damage to the lab."（机器人失控，开始破坏实验室。）

总结：**go rogue** 强调个人或事物脱离控制、不守规则地行动，可以用于描述人、机器或团队的异常行为。



这一次我们换一个讲法，先讲这句话是什么意思，然后从中提取句型，告诉读者们可以如何学以致用，整体的排版和之前的差不多，你先试试



👉 这句话的意思是：

"Why're you trying to egg people on? What're you getting at?" 的意思是“你为什么要煽动大家？你到底想表达什么？”其中，“egg people on”指的是鼓动或煽动别人做某事，通常带有负面的含义。而“getting at”意味着试图表达某个潜在的意思，或者暗示某种意图。

❓ 如何学以致用？

1. 表达鼓动或煽动：

"He kept egging his friends on to take the risk."（他一直在怂恿他的朋友冒险。）

"Stop egging him on to do something stupid!"（别再怂恿他做傻事了！）

2. 询问他人意图：

"What exactly are you getting at with that ↓ nment?"（你说那句话到底是什么意思？）

"Are you getting at the fact that I was wrong?"（你是不是在暗指我错了？）

非常好，把序号去掉，这样便于我复制



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"Are you getting at the fact that I was wrong?"（你是不是在暗指我错了？）

通过这两个句型，学习者可以在表达他人行为意图或者描述某人煽动行为时，使用更加地道的英语表达。

我现在给你一些剧中的单词，你需要帮我把它变成一些填空题、翻译题或者其他题型，目的是帮助我的读者在学习完后可以加强印象。这些词是：badmouth, big ask, bummer, cushy, finale, finalist, ghost（表示爽约，不理睬那个意思），go rogue, handsome（表示丰厚的），higher-up, lapdog, magazine（表示弹仓），MIA, pentathlon, scratch（刮刮乐），shady（欺骗的），sketchy（危险的），soggy（形容面条，如果长时间不吃的那种轧辊台），soil（表示玷污，比如尿裤子里了）

< 1/2 >



好的，我将根据这些单词设计多种题型，包括填空题、翻译题和选择题，帮助读者巩固学习。以下是详细设计：

一、填空题

1. Don't _____ your colleagues behind their backs; it's unprofessional.
(别在背后_____你的同事，这很不专业。)
2. Asking for a pay raise during a budget cut is a .
(在预算削减期间要求加薪是一个。)
3. He promised to show up for dinner, but he _____ me.
(他答应了来吃晚餐，但他_____了我。)

如果需要将这些答案整合到 PDF 文件中，随时告诉我！

用同样的思路继续把我给你的表达做成练习题，一共4个题即可，目的是帮助我的读者在学习完后可以加强印象。这些词是：at the end of one's rope, call the shots, walk somebody over, cut out for, egg on, in a jam, let off the hook, play right into one's hands, put one's life on the line, shell out, tough cookie, unsung hero



以下是基于这些词汇设计的四个练习题，目的是帮助读者理解并记忆这些表达：

一、填空题

1. The soldier was willing to _____ his life on the line to save his comrades.
(这名士兵愿意_____他的生命来拯救他的战友。)
2. After hours of frustration, she felt like she was _____ at the end of her rope.
(经过数小时的挫折，她感觉自己已经_____。)
3. The manager always _____ the shots in the team meetings.
(经理总是在团队会议中_____。)
4. I'm in a jam and I need someone to help me out.
(我_____, 需要有人帮忙。)



用同样的思路继续把我给你的表达做成练习题，一共两个题即可，和口语表达相关，让学生用目标词汇替换一些更简单的说法，让学生想在什么场景下可以使用这句话，目的是帮助我的读者在学习完后可以加强印象。这些话是：what're you getting at? We'll figure it out as we go.
For what it's worth, I still trust you. (学些for what it's worth)
Like a knight in shining armor!
Talk about a throwback. (学习talk about在这里的用法)
Way to go! No wonder I had a good feeling about you (学习no wonder) If you don't find one fast, you're done for



以下是两个练习题，重点练习替换口语表达和应用场景，帮助学生理解并记忆这些表达：

一、替换练习题

题目：

请将以下句子中的简单表达替换为更地道的目标词汇，并完成句子，使之适合实际情景。

1. What do you mean? (学 *What're you getting at?*)

- 句子：You're talking in circles. _____.

(你一直在兜圈子。_____。)



2. We'll handle things step by step. (学 *We'll figure it out as we go.*)

根据我以上提到的表达，比如what're you getting at? We'll figure it out as we go.

For what it's worth, I still trust you. (学些for what it's worth)

Like a knight in shining armor!

Talk about a throwback. (学习talk about在这里的用法)

Way to go! No wonder I had a good feeling about you (学习no wonder) If you don't find one fast, you're done for, badmouth, big ask, bummer, cushy, finale, finalist, ghost (表示爽约，不理睬那个意思)，go rogue, handsome (表示丰厚的)，higher-up, lapdog, magazine (表示弹仓)，MIA, pentathlon, scratch (刮刮乐)，shady (欺骗的)，sketchy (危险的)，soggy (形容面条，如果长时间不吃的那种轧辊台)，soil (表示玷污，比如尿裤子里了)，at the end of one's rope, call the shots, walk somebody over, cut out for, egg on, in a jam, let off the hook, play right into one's hands, put one's life on the line, shell out, tough cookie, unsung hero 先用这些词和句子编一个小故事，并且附上中文翻译，然后再把这个小故事变成填空题，即把有目标表达的词和句子变成空格，然后再给出答案和讲解



小故事：英雄的艰难一天

英文版：

John was **at the end of his rope**. His project's **finale** was due tomorrow, but his team had **ghosted** him all week, leaving him to figure out everything alone. His **higher-ups** were pressuring him, and the amount of work was such a **big ask**. Worse, his computer broke down, leaving him **in a jam**.

Just when he thought he was **done for**, his colleague Sarah, **like a knight in shining armor**, showed

重新写，这个故事不够接地气，handsome的用法不地道。你可以把它编成两三个故事，要保重语言自然



明白了，我将重新设计故事，分成两三个更贴近日常生活的片段，确保语言更加自然，同时正确体现目标表达的用法。以下是新的版本：

故事 1：差点完蛋的护照事件

Jack正准备去参加一场重要的国际会议，但就在他即将出发的前一天，他发现自己的护照不见了！

“别慌，”他的朋友Emily安慰道，“我们可以边找边想办法（we'll figure it out as we go）。”

两个小时过去了，他们还是一无所获，Jack看着钟表，脸色苍白：“如果再找不到，我真完蛋了（I'm done for）！”

Emily却灵机一动，问他：“最后一次用护照是什么时候？”

Jack顿时醒悟，跑去翻他上次旅行的背包，果然发现护照还藏在夹层里。

“你简直是我的救星，像穿着闪亮盔甲的骑士（like a knight in shining armor）一样！”Jack感激地说。

题出的不好，要有基本的提示



重新调整后，我将优化填空题的设计，并提供基本的上下文提示，让学生在填空时能更容易理解场景并锁定答案，同时保留挑战性和针对性。

故事 1：The Missing Passport

英文版：

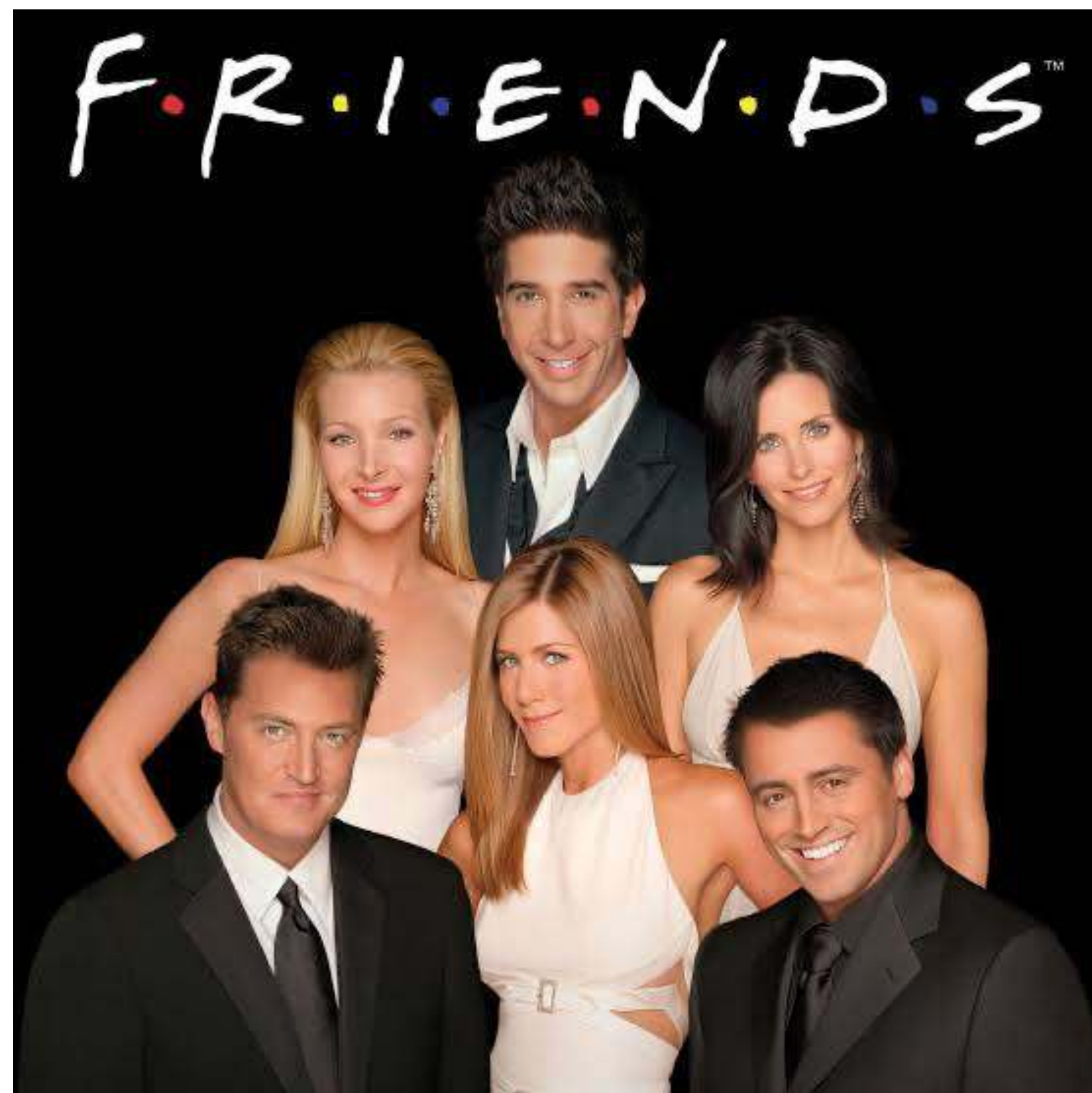
Jack was packing for an important business trip when he realized his passport was missing. Panicking, he called his friend Emily for help.

"Don't worry," Emily said calmly, "we'll figure it out as we go."

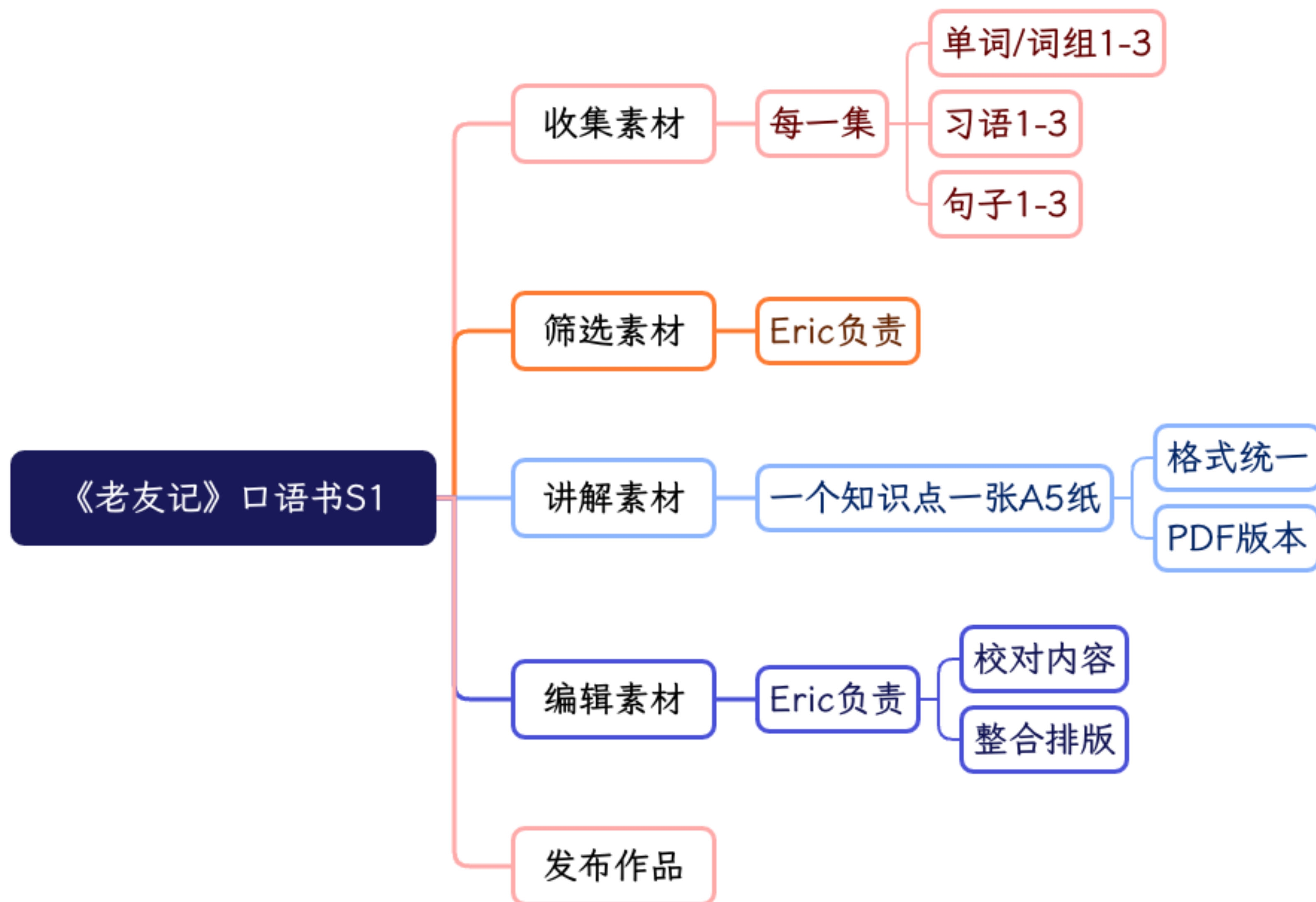
我刚刚在备课，今晚我会讲我是如何利用 ChatGPT 做一份“口语书”的。我还想到之前有位同学说想用这种方法把《老友记》做成口语书，于是我想在这次直播结束后我们一起可以做一个共创活动，比如我们以《老友记》第一季为例，每个人看一集，从这一集中挑3-5个表达、句型，然后我们一起把它做成一份学习素材。大家对这个 hands-on project 有兴趣的话晚上来听直播，如果有3-5个人想做这件事情我就带大家一起做起来。



张海露 Eric👉: 大家好，今晚
8:00，我们开始2025年的第一次... >



Friends 口语书共创计划

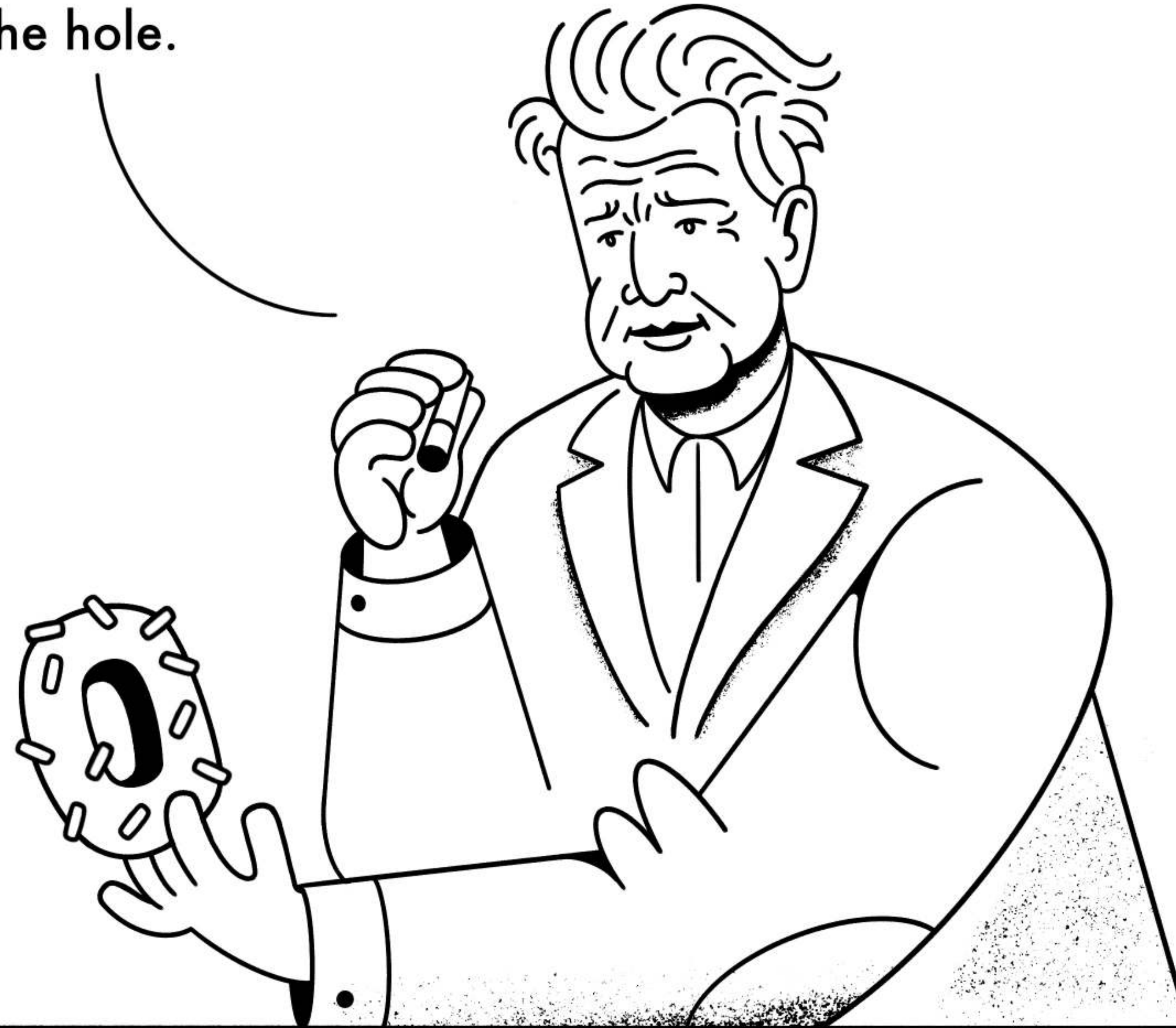


- A Manifesto
- You choose to do this. You choose to learn and share.
- You are not a student and there will be no “homework”.
- We are co-creators. We create something and release, then move on.
- You don't have to be good at it. Let's make terrible things.

YOUR REAL WORK IS PLAY.

All children learn about the world through play. “Child’s play” is a term we use to denote things that are easy, but if you actually watch children play, it is anything but easy. “Play is the work of the child,” as Maria Montessori put it. When my children are playing, they are deeply invested in their work. They focus their gazes like laser beams. They scrunch up their faces in concentration. When they can’t get their materials to do what they want them to do, they throw epic tantrums.

Keep your eye on the donut,
not on the hole.



Godspeed!