

The Screen Changes How You Write

机考简报 · 变的不是考什么，是你怎么写

Computer-delivered IELTS in mainland China from 1 September 2026

The test partners are explicit that content, task types, timing and assessment criteria are unchanged — and they are right. The change is to your writing process. Your writing process is what Coherence & Cohesion assesses.

官方明确表示：考试内容、题型、时长、评分标准均不变 —— 这是对的。变的是你的写作过程，而写作过程正是「连贯与衔接」在评的东西。

1 What changed, and what did not 哪些变了，哪些没变

Every line below is the test partners' own published position, not an interpretation.

以下均为官方公告内容，并非解读。报名前请以官方公告为准。

ITEM 项目	STATUS 状态
Content, task types, difficulty 考试内容 · 题型 · 难度	Unchanged. A Task 2 essay is the same essay, with the same 40 minutes, on paper or on screen.
Assessment criteria 评分标准与测评维度	Unchanged. TR CC LR GRA — the same four, weighted the same way.
Paper-based IELTS, mainland China 中国大陆纸笔考试	Ends 1 September 2026. IELTS for UKVI in mainland China moved to computer-delivered earlier, from 1 July 2026.
A “Writing on paper” option 「写作用纸笔」选项	Not offered in mainland China. Some markets have run a hybrid; China's announcement does not.
Speaking 口语考试	Still a face-to-face interview with a human examiner. Computer-delivered refers to Listening, Reading and Writing.
Results turnaround 出分时间	Roughly 3-5 days , against about 13 for paper. This matters more than it looks — see section 5.

Verify at source. Dates, centre availability and fees are set by the test partners and can change. This is a teaching commentary, not an official notice.

考试日期、考点安排与费用以官方公告为准；本文是教学评论，不是官方通知。

2 The mechanism nobody announces 没人公告的那个变化

Most coverage of this change is about typing speed, screen fatigue and the on-screen word count. Those are real, and minor. The consequential change is not a rule — it is a removed cost.

大多数讨论集中在打字速度、屏幕疲劳、字数统计 —— 都是真的，但都是小事。真正重要的变化不是一条规定，而是一项被取消的成本。

On paper 纸笔时代	Rewriting a paragraph was expensive. Crossing out and re-copying cost minutes you did not have and left a mess the examiner would read. That cost quietly forced a decision <i>before</i> the pen moved: what am I actually arguing? 改一段话代价很高 —— 要花掉你没有的时间，还会留下考官要看的涂改。这个代价在无形中逼你在动笔前先决定：我到底要论证什么？
On screen 机考时代	Revision is free. Backspace, select, delete, retype — no trace, no penalty. Nothing forces the decision any more. You can start a sentence before you know where it ends. 修改零成本，不留痕迹，没有代价。于是没有任何东西再逼你先做决定 —— 你可以在还不知道句子往哪走的时候就开始打字。
The trap 陷阱在这里	Free revision only helps a candidate who <i>uses</i> it. Under exam pressure almost nobody goes back and restructures — they keep typing forwards. The discipline paper imposed is gone; the freedom the screen offers is not taken up. What is left is four paragraphs that each drift somewhere slightly different. 修改自由只对真的会回头改的人有用。考场压力之下几乎没人回去重构，大家只会一路往下打。结果是：纸带来的纪律没了，屏幕给的自由没用上，剩下四段各自漂移的文字。
Where it costs marks 扣在哪里	CC Paragraphs each pointing somewhere slightly different is not a grammar problem — every sentence can be correct. TR In an opinion task, a position that was never decided cannot be assessed as maintained.

The computer does not change what is assessed.
It changes how you compose — and how you compose is exactly what Coherence measures.

机考不改变考什么。它改变你怎么写 —— 而「怎么写」正是连贯与衔接在评的东西。

This is the same weakness the 6.5 plateau briefing describes. Chinese rhetoric builds toward its conclusion — 起承转合 — while English states the point first. A candidate carrying that habit was partly protected by paper, because paper made them plan. The screen removes the protection.

这正是「6.5 瓶颈」简报里的第四层：中文起承转合，观点收在最后；英文先给观点。带着这个习惯的考生，过去被纸保护着 —— 因为纸逼他们先做计划。机考把这层保护拿掉了。

3 Typing is good for template users. That is the problem. 模板陷阱 · 反转

The usual framing is that computer delivery rewards candidates who have memorised openers, because they can produce them faster. That is true. Follow it one step further and it inverts.

通常的说法是：机考对背了模板的人有利，因为他们能更快打出来。这是对的。但再往下想一步，结论会反过来。

	BY HAND 手写	BY KEYBOARD 打字
A memorised 25-word opener 一个背诵开头	Around 90 seconds, and it hurts.	Around 25 seconds, and it barely registers.
Who uses it 谁会用	Only candidates willing to spend the time.	Effectively everyone who knows one.

A phrase is recognisable in proportion to how often it is seen. “**With the development of society...**” was already drilled widely enough to be spotted on sight. Cutting the cost to roughly a third does not make it more valuable — it makes it far more common, and a common opener is a louder signal that what follows may be rehearsed.

一个句子被认出的速度，取决于它出现的频率。把代价降到三分之一，不会让它更值钱——只会让它更常见，而越常见，越是在提示考官：后面可能也是背的。

Professional judgement, not measurement. The two figures are illustrative, not measured: handwriting under exam conditions runs at roughly 20 words per minute and steady typing at roughly 60, so a 25-word opener costs about a minute and a half by hand against about half a minute by keyboard. I have not counted openers across scripts and neither, publicly, has anyone else. This is a prediction from how marking works, offered so teachers can test it against what they see this autumn — not a finding.

4 Put the cost of paper back in, deliberately 把纸的成本，自己加回去

The fix is not to type more slowly. It is to reintroduce, on purpose, the one thing paper used to impose for free: a decision made before the first keystroke.

解决办法不是放慢打字速度，而是主动把纸曾经免费提供的那件事加回来：在敲下第一个键之前，先做完决定。

#	ADJUSTMENT 调整	PROTECTS 保护
1	Write one position sentence on the scratch paper before you type anything. Twenty seconds, one sentence. If you cannot write it, you have not decided yet — and four paragraphs are about to prove it. 动手打字前，先在草稿纸上写下一句立场句。二十秒，一句话。写不出来，就是还没想清楚。	TR CC
2	Type your four paragraph points into the answer box first, as a skeleton, then write over them. This uses the free-revision advantage instead of ignoring it, and the plan lives where you will actually look at it. 先把四段要点直接打进答题框当骨架，再逐段展开覆盖。这才是真正用上了「修改零成本」。	CC
3	Treat the on-screen word count as a checkpoint, not a target — glance at it twice, not continuously. A live counter pulls attention toward length and away from argument. Length is not a criterion; development is. 屏幕字数统计是检查点，不是目标——全程看两次就够。字数不是评分标准，论证展开才是。	TR
4	Reserve the last four minutes for a read-back with your eyes on the screen, not the keyboard. Typos, dropped articles and missing plurals are far easier to miss on screen than on paper. 留出最后四分钟，眼睛盯屏幕回读一遍。拼写、冠词、复数在屏幕上比在纸上更容易漏看。	GRA
5	Practise on a standard external keyboard , not your laptop or your phone. Test centres use desktop keyboards; muscle memory built on a different layout costs minutes on the day. 用标准外接键盘练习，不要只用笔记本或手机。	—
6	Know the interface before you meet it: no spellcheck, no autocorrect , cut/copy/paste available, timer on screen. Every minute spent discovering the interface is a minute taken from composing. 提前熟悉界面：没有拼写检查、没有自动更正，可以剪切复制粘贴，屏幕上有计时器。	—

Do this in every practice essay from now on — not on the day. A habit introduced under exam conditions is not a habit; it is one more thing to remember while the clock runs.

从现在起每一篇练习都这样做，不要等到考试当天。考场上临时加的动作不是习惯，只是多一件要记的事。

5 A faster result buys you the same score sooner 出分更快，只是更快拿到同一个分数

What shortens 变短的是什么	Results move from roughly 13 days to roughly 3–5. Sittings are more frequent. Rebooking is quicker.
What does not 没变短的是什么	The time it takes to change how you write. That is measured in weeks of deliberate practice, not in days of waiting.
The predictable error 可预见的错误	A short gap between result and rebooking invites retaking <i>before</i> anything has changed — three sittings, three near-identical scores, three fees. The speed is a genuine benefit; spending it on repetition is the waste. 出分与重考之间的间隔一短，很多人会在什么都没改之前就去重考：考三次，拿到三个几乎一样的分数，交三次费用。出分快是好事，把它花在重复上才是浪费。
A reasonable rule 一个合理的做法	Before rebooking, be able to name in one sentence what you will do differently. If you cannot name it, the next sitting is a re-run. 重新报名之前，先用一句话说清楚你这次会做什么不一样的事。说不出来，下一次就只是重播。

6 Speaking is unaffected — and that is worth saying 口语不受影响

The Speaking test remains a face-to-face interview with a human examiner. Nothing in this change touches it. But the habit described in section 2 — answering before deciding what the answer is — is the same habit that flattens a Part 3 response. Fixing it for Writing fixes it for Speaking, which is the argument for treating this as a thinking problem rather than a typing problem.

口语仍是与考官面对面的真人对话，本次变化完全不涉及。但第 2 节说的那个习惯——还没决定答案就开始回答——正是 Part 3 回答扁平的同一个习惯。为写作改掉它，口语也一起受益。

Method note 编制方法说明

The facts	The transition dates, the unchanged-content statement, the absence of a paper Writing option in mainland China and the results turnaround are the test partners' published position. They are reported here, not derived. Verify at source before you book.
The argument	The claim that removing revision cost degrades planning — and that this lands on CC and TR — is professional judgement, not measurement . It comes from watching Chinese candidates plan and write in Beijing over roughly ten years. No frequencies are quoted because none were counted.
On the descriptors	The assessment criteria are named and paraphrased. The official band descriptors are not reproduced here; they are published by the IELTS partners and should be read at source.
Credentials	Certified by IDP Education in Understanding the Assessment Criteria for both Speaking and Writing (2026). IDP is one of the three organisations that jointly own IELTS. This is a teacher-training certificate — IELTS has not endorsed this briefing, the books, or the classes.

No score is promised anywhere in this material. Results depend on starting level, test-day performance and examiner variation. What a process fix can honestly offer is the removal of a predictable, self-inflicted deduction.

本文不承诺任何分数。能诚实承诺的，只是帮你去掉一项可预见的、自己造成的扣分。

The full briefing and the free self-check sheets are at deencoxielts.com/computer-exam.html. Corrections welcome — if you are seeing something different this autumn, get in touch.