

The Computer Test Myths

「机考」的迷思

Paper is going. What actually changes — and what does not.

纸笔要退场了。究竟什么变了，什么没变。

By the time you read this, the decision has been made for you.

等你读到这份文件时，这个决定已经替你做好了。

The IELTS Partners have confirmed the mainland China timetable. IELTS for UKVI stopped offering paper on 1 July 2026. Ordinary IELTS — Academic and General Training — stops on 1 September 2026. After that date, mainland China is computer-only. ^[1]

雅思主办方已经公布了中国大陆的时间表。用于英国签证及移民的雅思考试已于 2026 年 7 月 1 日停止纸笔考试；普通雅思（学术类与培训类）将于 2026 年 9 月 1 日停止。自那之后，中国大陆只有机考。 ^[1]

I have watched the reaction to this for weeks now, and most of it is panic being sold back to the people who are panicking. So let me set out what actually changes, what does not, and what is worth doing with the time you have.

这几周我一直在看各种反应，而其中大部分，不过是把恐慌重新卖给正在恐慌的人。所以我来讲清楚：什么真的变了，什么没变，以及剩下的时间里什么值得做。

The short version

简短版本

The official announcement states that computer and paper delivery are consistent in content, question types, difficulty, assessment dimensions and marking criteria. ^[1] Mainland China has run both formats side by side since 2021. ^[1] One thing genuinely changes for your technique, and it is in Listening. Almost everything else being said about this is noise.

官方公告明确表示：机考与纸笔考在考试内容、题型、难度、测评维度和评分标准上保持一致。 ^[1] 中国大陆自 2021 年起就已经两种形式并行。 ^[1] 真正会改变你应试技术的，只有一件事，在听力。其余大部分说法都是噪音。

PART ONE • 第一部分

The dates, from the official announcement

时间表（来自官方公告）

These come from the announcement published on the official Chinese-language IELTS site. Do not take them from me, or from an agency, or from a group chat. Check them yourself at chinaielts.org and book at ielts.neea.cn. ^[1]

以下信息来自雅思考试中文官方网站发布的公告。不要只听我的，也不要只听中介或群里的说法。请自己到 chinaielts.org 核对，并在 ielts.neea.cn 报名。 ^[1]

IELTS for UKVI 用于英国签证及移民的雅思	Paper stopped 1 July 2026 — already gone 纸笔已于 2026 年 7 月 1 日停止
IELTS Academic & General Training 普通雅思（学术类与培训类）	Paper stops 1 September 2026 纸笔于 2026 年 9 月 1 日停止
The last paper window 最后的纸笔窗口	July–August 2026. Paper sittings fall on Saturdays. 2026 年 7–8 月。纸笔场次均在周六。
Scores you already hold 你已经拿到的成绩	Unaffected. Valid for the usual two years. 不受影响，在通常的两年有效期内继续有效。

The announcement also lists what computer delivery gives you: results usually within three to five days, more sittings — several days a week and more than one session a day — and a registration deadline three days before the test. ^[1]

公告同时列出了机考的几项优势：成绩通常在考后 3–5 天公布；考期更多，一周多天、一天多场；报名截止于考前 3 日。 ^[1]

PART TWO • 第二部分

Four things that genuinely change 真正会改变的四件事

Only the first of these will change how you should practise. I have put it first for that reason.

这四件事里，只有第一件会真正改变你的练习方式。所以我把它放在最前面。

- 1. Listening: ten minutes becomes two.** On paper you wrote answers on the question sheet and then had ten minutes at the end to copy them across. On screen your answers are already recorded, so that transfer time disappears — you get about two minutes to check. ^[2]

听力：十分钟变成两分钟。 纸笔考时，你先把答案写在题卷上，最后有十分钟转写到答题卡。机考时答案已经录入，转写时间随之消失——你大约只有两分钟检查。 ^[2]

- 2.** That is the whole change, and it is bigger than it looks. Those ten minutes were where a great many candidates quietly fixed their spelling, their plurals, and the answers they only half heard. On screen you have to be right *in the moment*.

变化就这么多，但它比看上去重要。那十分钟，正是很多考生默默修正拼写、单复数、以及那些只听个半懂的答案的时候。机考要求你当下就写对。

- 3. Writing: a word count, cut and paste, and no spell check.** The screen counts your words for you and lets you move text around, which makes restructuring far easier. It does not check your spelling. Typing errors are marked exactly as handwriting errors were.

写作：自动字数统计、可剪切粘贴、但没有拼写检查。 屏幕会替你数字数，也允许你移动段落，调整结构要容易得多。但它不会检查拼写。打错的词，和以前写错的词一样扣分。

- 4. Reading: highlight and notes replace your pencil.** You cannot write on the passage, but there are tools to highlight text and attach notes, and you can copy and paste answers — which removes a whole class of transcription error.

阅读：高亮与注释工具取代了铅笔。 你不能在文章上写字，但可以高亮文本、添加注释，还可以复制粘贴答案——这直接消除了一整类转写错误。

- 5. Speaking: nothing changes.** It is still face to face with a trained examiner. ^{[1] [3]}

口语：没有任何变化。 仍然是与受过培训的考官面对面进行。 ^{[1] [3]}

PART THREE • 第三部分

Four myths, and what is actually true

四个迷思，以及事实

Now the part that is costing people money.

接下来这部分，正在让很多人花冤枉钱。

× 机考更难／机考压分

“The computer test is harder” / “they mark it down”

The official announcement states that the two formats are consistent in content, question types, difficulty, assessment dimensions and marking criteria. ^[1] Mainland China has run both in parallel since 2021. ^[1] This is not a new test; it is the same test on a different surface.

官方公告明确表示，两种形式在内容、题型、难度、测评维度和评分标准上保持一致。^[1] 中国大陆自 2021 年起已两种形式并行。^[1] 这不是一场新考试，只是同一场考试换了个载体。

× 打字慢就完了

“Slow typing will sink me”

Writing gives you sixty minutes for roughly four hundred words. That is not a typing test. If you can type four hundred words in an hour — and almost everyone can — typing speed is not your bottleneck. Planning is.

写作是 60 分钟写大约 400 词。那不是打字速度测试。如果你能在一小时内打完 400 词——几乎所有人都能——那么打字速度不是你的瓶颈，构思才是。

× 赶紧抢最后的纸笔场

“Grab the last paper sitting, whatever it takes”

This is the one that does real damage. Booking a rushed date in an unfamiliar city, before you are ready, to avoid a screen that marks you by identical criteria, is a bad trade. Sit when you are ready. There will be more computer dates than there ever were paper ones. ^[1]

这一条造成的损失最实在。为了避开一块按同样标准评分的屏幕，而在还没准备好的时候、抢一个陌生城市的仓促考位——这笔买卖不划算。准备好了再考。机考的场次比纸笔以往任何时候都多。^[1]

× 机考没法在题目上做标记

“You cannot mark up the text on screen”

You can. There are highlight and note tools built into the Reading interface. What you cannot do is scribble freehand. Learn where the tools are *before* test day, not during it.

可以。阅读界面内置了高亮和注释工具。你不能做的是随手涂写。请在考前就把工具位置熟悉好，而不是考试当中才找。

“It is the same test. The surface changed. The criteria did not.”

“还是那场考试。变的是载体，不是标准。”

PART FOUR • 第四部分

What to do with the weeks you have 剩下的几周，该做什么

In this order.

按这个顺序来。

1. **Do the official computer familiarisation test.** It is free and it is linked from the official Chinese site. One hour with the real interface removes most of the fear, and all of the fear that comes from not knowing where the buttons are. ^[2]

去做官方的机考模拟体验。免费，官网上有链接。花一小时熟悉真实界面，能消除大部分恐惧——尤其是那种“不知道按钮在哪里”的恐惧。 ^[2]

2. **Redo your Listening practice with two minutes, not ten.** This is the single highest-value change you can make. Practise writing the answer correctly the first time, not fixing it later.

把听力练习改成两分钟，不是十分钟。这是你能做的性价比最高的一个改变。练“第一遍就写对”，而不是“事后再改”。

3. **Type your practice essays. All of them, from now on.** Not to build speed — to find out which words you habitually mistype. Everyone has a list. Yours is probably four or five words long, and you can fix it in an evening.

从现在起，练习作文全部用打的。不是为了练速度，而是为了找出你习惯性打错的那几个词。每个人都有一份这样的清单，你的大概只有四五个词，一个晚上就能改完。

4. **Learn the highlight and note tools until they are automatic.** Fumbling for a tool in Reading costs you the same as not knowing the answer.

把高亮和注释工具练到不用想。在阅读里摸索工具，损失和不会做题是一样的。

5. **Then book when you are ready, not when you are frightened.** More sittings, faster results, and a three-day registration deadline mean you have more flexibility now, not less. ^[1]

然后，在你准备好的时候报名，而不是在你害怕的时候。场次更多、出分更快、报名截止只需提前三天——你现在的灵活度是变大了，不是变小了。 ^[1]

IN SUMMARY • 小结

Where I stand 我的立场

The dates are real and they are close. UKVI paper is already gone. Ordinary IELTS paper ends on 1 September 2026 in mainland China. ^[1]

时间节点是真的，而且就在眼前。UKVI 纸笔已经结束，普通雅思纸笔于 2026 年 9 月 1 日在中国大陆结束。 ^[1]

One thing changes your technique. Listening gives you two minutes to check, not ten to transfer. Practise for that and you have handled the transition. ^[2]

真正改变技术的只有一件事。听力只给你两分钟检查，而不是十分钟转写。把这一点练好，过渡就完成了。 ^[2]

And the test itself did not get harder. Content, question types, difficulty and marking criteria are stated to be consistent across both formats. ^[1] Anyone selling you panic about this is selling you panic.

而考试本身并没有变难。官方明确：两种形式在内容、题型、难度和评分标准上保持一致。 ^[1] 谁在向你出售这份恐慌，卖的就只是恐慌。

REFERENCES • 参考文献

Sources, numbered 出处（按编号）

Information correct as of 31 July 2026. Dates and rules change. Before you act on anything here, confirm it at chinaielts.org and ielts.neea.cn.

本文信息截至 2026 年 7 月 31 日。日期与规定会变。在你依据本文做任何决定之前，请先到 chinaielts.org 与 ielts.neea.cn 核实。

Official announcements and pages 官方公告与页面

[1] 雅思考试中文官方网站 (British Council) — 雅思纸笔中国大陆退市时间确定 (2026年7-9月考场公布) . chinaielts.org

[2] 雅思机考模式 — official computer-delivered IELTS information and free familiarisation test, linked from chinaielts.org

Test format 考试形式

[3] IELTS Partners — published test format and band descriptors. ielts.org

[4] 雅思考试报名网站 — registration, test centres and sitting dates. ielts.neea.cn

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