

# The Night Before

## 考前那一晚

Your last 24 hours — a checklist.

最后 24 小时：一份清单

You cannot add knowledge tonight. Whatever your English is, that is your English. So this is not a study plan. It is a list for not losing marks you have already earned — to the wrong ID, a missed train, or four hours of sleep.

今晚你已经无法再增加知识了。你的英语是什么水平，就是什么水平。所以这不是一份学习计划，而是一份“不丢分”清单——不因为带错证件、赶不上车、或只睡了四个小时，而丢掉你已经挣到的分数。

### 01 Stop first 先停下来

#### ☐ Stop learning new vocabulary. 停止背新单词。

Anything learned tonight is not secure enough to use tomorrow — and using a word insecurely costs you marks rather than earning them.

今晚才记住的词，明天不可能用稳。而一个没用稳的词只会扣分，不会加分。

#### ☐ Close the practice tests. 关掉模拟题。

A low score tonight will follow you into the room tomorrow. A high score tonight proves nothing. There is no version of this that helps you.

今晚考得低，那份情绪明天会跟你进考场；今晚考得高，也证明不了什么。怎么算都没有好处。

#### ☐ Charge your phone away from the bed. 手机充电，放在离床远一点的地方。

Sleep is the only preparation still available to you tonight, and it is worth more than any revision you could do instead.

睡眠是你今晚唯一还能做的准备，而它比任何复习都更值得。

### 02 Identification — the one that stops tests 证件——最容易出事的一项

#### ☐ The SAME identification document you used to book. 与报名时使用的同一份证件。

Not a copy, not a photo, not a different document. The official advice is explicit: bring the wrong ID or forget it, and you will not be able to sit the test. <sup>[1]</sup>

不是复印件，不是照片，也不能是另一份证件。官方说明写得很清楚：带错证件或忘带，你就不能参加考试。 <sup>[1]</sup>

#### ☐ Check the expiry date tonight. 今晚就检查有效期。

It must be valid on the test date, not merely valid when you booked.

它必须在考试当天仍在有效期内，而不只是报名时有效。

#### ☐ Check the name matches your booking exactly. 检查姓名与报名信息完全一致。

Spelling, middle names, order. If there is a mismatch, contact the centre tonight rather than discovering it at the door.

拼写、中间名、顺序。如果对不上，今晚就联系考点，别等到门口才发现。

- ☐ **Put it by the door now — not in a bag you will repack.**  
**现在就放到门口——不要放进一个你还会重新整理的包里。**

Most forgotten IDs were packed, then moved.

大部分忘带证件的情况，都是“装好了，后来又动了一下”。

## 03 Confirm from your own email — do not assume 从你自己的邮件里确认——不要凭印象

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- ☐ **Reporting time and full address.**  
**报到时间与完整地址。**

Arrival windows differ by centre. Late may mean not admitted.

不同考点的报到时间不同。迟到可能直接被拒入场。

- ☐ **Whether your Speaking test is the same day.**  
**口语考试是否在同一天。**

Some centres schedule it separately, and the time can shift on the day. You need the same ID for it.

有些考点单独安排，且当天时间可能变动。口语考试同样需要那份证件。

- ☐ **What stationery is allowed.**  
**允许带什么文具。**

This genuinely varies. Some computer-delivered centres provide a pen and do not permit pencils at all; some paper-based centres expect you to bring HB pencils. Do not guess.

这一点确实因考点而异。有的机考考点提供黑笔且完全不允许铅笔；有的纸笔考点则要求你自带 HB 铅笔。不要猜。

- ☐ **Whether a water bottle is allowed, and in what form.**  
**是否允许带水，以及什么形式。**

Where permitted it usually must be transparent and free of labels.

允许的情况下，通常要求透明、无标签。

- ☐ **Where personal belongings go.**  
**个人物品存放在哪里。**

Assume your phone will be switched off and left outside the room. Leave valuables at home.

默认手机需关机并存放在考场外。贵重物品就别带了。

## 04 Tonight 今晚

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- ☐ **Lay everything by the door now.**  
**现在就把东西摆到门口。**

ID, clothes, bottle, glasses. Doing it now converts tomorrow's panic into tonight's two minutes.

证件、衣服、水瓶、眼镜。现在花两分钟，明天就少一场慌乱。

- ☐ **Plan the route, then add a delay margin.**  
**规划路线，再多留一段富余时间。**

Check the first train or bus. Assume one thing will go wrong.

查一下首班地铁或公交。就当一定会出一点小状况。

- ☐ **Eat what you normally eat.**  
**吃你平时吃的东西。**

Tonight is not the night to try something new, or to skip dinner because you are nervous.

今晚不是尝鲜的时候，也不要因为紧张就不吃晚饭。

☐ **Set two alarms.**

设两个闹钟。

One is a single point of failure.

只设一个，就是单点故障。

☐ **Go to bed at your usual time.**

按平时的时间睡。

Going to bed three hours early usually means three hours of lying awake, which is worse than a normal night.

提前三小时上床，通常只意味着睁着天花板三小时，反而比正常作息更糟。

## 05 Tomorrow morning

### 明天早上

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☐ **Eat something.**

吃点东西。

Reading and Listening are back to back. Do not do them on an empty stomach.

阅读和听力是连着考的。不要空腹上阵。

☐ **Leave earlier than feels necessary.**

比你觉得需要的时间更早出门。

Arriving early and waiting is boring. Arriving late may mean not testing at all.

早到了等一等，只是无聊；迟到了，可能根本考不成。

☐ **Hold the ID in your hand before you leave.**

出门前把证件拿在手上看一眼。

Not “it is in the bag.” In your hand, eyes on it.

不是“应该在包里”，而是拿在手里、看到它。

☐ **Do not do a practice test.**

不要做模拟题。

Same reason as last night, only now it matters more.

理由和昨晚一样，只是现在影响更大。

## 06 Write your worries down

### 把你的担心写下来

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This is the one thing on this page with an experiment behind it. Ramirez and Beilock ran two laboratory and two randomised field experiments and found that a brief expressive writing exercise, done immediately before a high-stakes test, improved scores — with the largest benefit for students who are habitually anxious about testing. <sup>[2]</sup>

这是本页上唯一有实验支撑的做法。Ramirez 与 Beilock 做了两项实验室研究和两项随机对照的现场实验，发现：在高压考试开始前做一段简短的“表达性书写”，能提高成绩——对平时就容易考试焦虑的人效果最大。 <sup>[2]</sup>

Write for ten minutes about how you feel about this test. Honestly. Nobody reads it. Do not tidy it up, do not make it sensible, and do not write about English. Write about the feeling.

用十分钟，写下你对这场考试的真实感受。没有人会看。不要整理，不要要求它通顺，也不要写英语知识。写那个感受本身。

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An honest caveat: the effect reported in that study was unusually large and has been questioned since. I am not promising you a band. But it costs ten minutes and a piece of paper, and doing it is better than sitting in a corridor rehearsing your fear.

诚实地说一句：该研究报告的效应量异常之大，后来也受到过质疑。我不会向你承诺分数。但它只需要十分钟和一张纸，而这比坐在走廊里反复排练自己的恐惧要好。

## 07 Five things that protect marks

### 五件能保住分数的事

#### ☐ Listening — if you miss one, let it go.

听力——错过一道，就放它走。

Chasing a lost answer costs you the next three. That is the single most expensive habit in the paper.  
回头去追一道题，会让你丢掉接下来的三道。这是听力里代价最高的习惯。

#### ☐ Reading — the answer is a paraphrase, not the same word.

阅读——答案是同义改写，不是同一个词。

If you find the exact word from the question sitting in the passage, slow down. It is often put there deliberately.  
如果你在原文里正好找到题目里的那个词，请放慢。它很可能是故意放在那里的。

#### ☐ Writing — answer the question that was actually asked.

写作——回答题目真正问的那个问题。

A beautiful essay about a slightly different question loses a whole criterion.  
一篇漂亮的、但答偏了的作文，会在整个评分项上失分。

#### ☐ Writing — precision over difficulty.

写作——准确优先于难度。

A common word used exactly beats a rare word used nearly. Today is not the day to gamble on vocabulary.  
一个用得精准的普通词，胜过一个用得差不多的罕见词。今天不是拿词汇赌一把的日子。

#### ☐ Speaking — it is a conversation, not a recital.

口语——那是对话，不是背诵。

Examiners are trained to hear memorised answers. Being yourself, imperfectly, scores better than being a script.  
考官受过训练，能听出背好的答案。做一个不完美的自己，分数高于做一份稿子。

## 08 Before you turn the light off 关灯之前

A band score measures your English on one morning. It does not measure you, and it does not measure your intelligence, your worth, or how far you will get.

分数衡量的是你在某一个早上的英语水平。它不衡量你这个人，不衡量你的聪明、你的价值，也不衡量你能走多远。

The test is repeatable. Whatever anyone has told you, tomorrow is not your one chance. People sit it again, and they do better, and their lives carry on either way.

考试是可以重考的。不管别人怎么说，明天都不是你唯一的机会。很多人重考了，考得更好，而无论结果如何，日子都继续往前走。

You have already done the work. Tonight your only job is to sleep, and tomorrow your only job is to turn up and be the version of yourself you have practised into being.

该做的功夫你已经做了。今晚你唯一的任务是睡觉；明天你唯一的任务，是出现在那里，做那个你一直练习着成为的自己。

One more thing, and I mean it kindly. If the worry about this test has been affecting your sleep, your eating or your health for weeks rather than days, that is worth talking to someone about — a doctor, a counsellor, or somebody you trust. That is not a weakness and it is not about English.

还有一句，我是真心说的。如果对这场考试的焦虑已经影响你的睡眠、饮食或身体长达数周而不只是几天，那值得和人聊一聊——医生、心理咨询师，或你信任的人。那不是软弱，也与英语无关。

### Sources • 出处

- [1] IELTS Partners — test day advice and what to bring. [ielts.org](https://ielts.org); see also [ielts.idp.com](https://ielts.idp.com) and [takeielts.britishcouncil.org](https://takeielts.britishcouncil.org). Requirements vary by centre and by delivery mode: always confirm against your own confirmation email.
- [2] Ramirez, G., & Beilock, S. L. (2011). Writing about testing worries boosts exam performance in the classroom. *Science*, 331(6014), 211–213. doi:10.1126/science.1199427

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