

The Speaking Test Myths

口语考试的四个迷思

Four things candidates believe about the examiner that the British Council says are not true.

关于考官，考生相信的四件事——英国文化教育协会说都不对。

Most of what candidates fear about the Speaking test is not about English at all. It is about the examiner — what they want, what they think, and what their silence means.

考生对口语考试的恐惧，大多数根本不是关于英语的，而是关于考官的：他想听什么、他怎么想、以及他不说话时意味着什么。

Almost all of it is wrong, and the corrections are not my opinion. They come from a page published by the British Council — one of the three organisations that own IELTS. ^[1]

这些想法几乎都是错的。而且纠正它们的不是我的观点，而是英国文化教育协会公开发布的内容——它是雅思三大主办方之一。^[1]

Read it yourself. The link is at the back. That is the whole point.

你自己去看。链接在末页。这才是重点。

The short version

简短版本

Your accent does not matter unless it makes you hard to follow. The examiner does not care whether they agree with you. Their silence is not a verdict — they have no duty to help you. And a memorised answer is more obvious than you think.

只要不影响听懂，口音不重要。考官不在乎他同不同意你的观点。他的沉默不是判决——他本来就没有帮你的义务。而背好的答案，比你以为的明显得多。

MYTH ONE • 迷思一

“I need a British or American accent”

“我得有英式或美式口音”

This is the most expensive false belief in the whole test, because students spend months on it that could have gone somewhere useful.

这是整个考试中代价最高的一个误解，因为学生会为它花上几个月——而那些时间本可以花在有用的地方。

What the British Council publishes:

Accent is not important in the speaking test as long as it does not impede your ability to communicate. ^[1]

英国文化教育协会公开表示：

只要不妨碍沟通，口音在口语考试中并不重要。 ^[1]

What this means in practice:

A candidate with a clear Chinese accent can score Band 8 in Pronunciation, provided they are easy to follow throughout.

实际含义：

一个带有明显中国口音的考生，只要全程容易听懂，发音项一样可以拿 8 分。

What to work on instead:

Final consonants and clusters — dropped endings blur grammar as well as sound.
Sentence stress and rhythm. Both are worth more than accent, and both are faster to fix.

真正该练的：

词尾辅音与辅音连缀——吞掉词尾不只影响发音，还会模糊语法。以及句子重音与节奏。这两项都比口音更值得练，而且更快见效。

The British Council page makes the point with a joke worth repeating: the teacher writing it worked at a school with 'British' in the name, and students kept asking how to get his British accent. His accent is Irish. ^[1]

那页上有一个值得重说的玩笑：文章作者在一所名字里带“British”的学校教书，学生总问他怎么才能练出他那样的英式口音。而他的口音是爱尔兰的。 ^[1]

MYTH TWO • 迷思二

“The examiner has to agree with my opinion” “考官得同意我的观点”

Students spend the preparation minute wondering what the examiner wants to hear. It is wasted time.

学生把准备时间花在猜“考官想听什么”上。那是白白浪费的时间。

1. The British Council states it plainly: examiners are not concerned with your opinion; they want you to demonstrate your speaking ability. ^[1]

英国文化教育协会说得很直白：考官不关心你的观点，他们只想看到你展示口语能力。 ^[1]

2. So take the position you can **develop**, not the one you think is safe. If you can give better reasons for the view you disagree with, argue that one. Nobody is checking your sincerity.

所以，选你能**展开**的立场，而不是你以为“安全”的立场。如果你能为自己并不认同的那一方给出更好的理由，那就论那一方。没有人在检查你真不真诚。

3. This also removes a common Part 3 failure. Candidates who hedge because they are unsure what the examiner believes end up with no position at all — and no position is a Task Response problem in Writing and a Fluency and Coherence problem in Speaking.

这也能解决 Part 3 的一个常见失误：因为猜不准考官的立场而一味和稀泥，最后变成根本没有立场。而没有立场，在写作里是任务响应问题，在口语里是流利与连贯问题。

MYTH THREE • 迷思三

“The examiner looked bored, so I failed” “考官看起来很冷淡，我完了”

This is the one that ruins people's afternoons, and it rests on a misunderstanding of what the examiner is there to do.

这一条毁掉了很多人考完后的一整天。而它建立在一个误解之上：考官到底是来干什么的。

The examiner has no duty to help you. The British Council states that the examiner will not prompt you if you are talking too much or too little, or drifting off the question, and will allow you to make mistakes without telling you. ^[1]

考官没有帮你的义务。英国文化教育协会明确表示：你说得太多、太少、或跑题，考官都不会提醒；你犯错，他也不会告诉你。^[1]

So a neutral face is not a bad sign. It is the job. An examiner who nodded and smiled at every answer would be giving candidates information they are not entitled to, and would be treating one candidate differently from the next.

所以，一张平静的脸不是坏信号，而就是这份工作本身。如果一个考官对每个回答都点头微笑，他就是在给考生不该得到的信息，也是在差别对待不同的考生。

And the practical consequence. If nobody is going to tell you that you have drifted off the question, you have to notice it yourself. That is a skill, and it is trainable: listen to your own last sentence and ask whether it still answers what was asked.

实际后果是什么。既然没有人会提醒你跑题了，你就必须自己发现。这是一项能力，而且可以训练：听自己刚说完的那句话，问它是不是还在回答问题。

Myth four, briefly. Memorised answers. The British Council says they are very obvious, that examiners are trained to spot them, and that you will not only lose marks — the examiner may ask harder questions to establish your real level. ^[1] So the memorised answer does not merely fail to help. It invites a harder test.

迷思四，简要说。背答案。英国文化教育协会表示：背诵非常明显，考官受过专门训练去识别；你不仅会扣分，考官还可能提出更难的问题，来看你真实的水平。^[1] 所以背答案不只是没用，它会招来一场更难的考试。

IN SHORT • 一句话总结

What to do with this 这份文件怎么用

Stop working on your accent. Start working on being easy to follow — word endings, sentence stress, and not disappearing at the end of a sentence.

别再练口音了。开始练“容易被听懂”——词尾、句子重音，以及不要在句子末尾声音消失。

Choose the opinion you can develop, and stop reading the examiner's face. There is nothing written on it.

选你能展开的观点，并且别再看考官的表情。那上面什么也没写。

And check this brief yourself. Every claim above is on one page, published by the British Council, and the address is overleaf.

还有，自己核对这份文件。上面每一条都来自英国文化教育协会公开发布的同一个页面，网址在下一页。

SOURCES • 参考来源

Check every one of these yourself 每一条都请你自己核对

Information correct as of 8 August 2026. Reference ^[1] is a British Council publication written by a teacher rather than an examination regulation, so read it as guidance from a test owner rather than as policy. The band descriptors at ^[2] are the authority on how Pronunciation is scored, and they are free to download.

信息截至 2026 年 8 月 8 日。参考文献 ^[1] 是英国文化教育协会发布文章，作者为教师，而非考试规章；请将其视为来自主办方的指导，而非政策文件。关于发音如何评分，权威依据是 ^[2] 的评分标准，可免费下载。

Cited in this brief 本文引用

- [1] British Council — “Ten don’ts for the IELTS speaking test”, Chris Pell, 27 April 2015.
britishcouncil.org/voices-magazine/ten-donts-ielts-speaking-test
- [2] IELTS Speaking Band Descriptors (public version). Jointly published by the British Council, IDP: IELTS Australia and Cambridge English Language Assessment.

Where to verify anything else 其他信息核对处

- [3] IELTS Partners — test format, policy and published band descriptors. ielts.org
- [4] 雅思考试中文官方网站. chinaielts.org • 报名: ielts.neea.cn

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