

Who Told You That?

这是谁说的？

There is a new kind of wrong advice about IELTS, and it comes with a citation.

关于雅思，出现了一种新的错误建议——它还带着出处。

The old myths were at least honest mistakes. Somebody misunderstood the test, told a friend, and the friend told a class.

以前的迷思，至少都是诚实的误解。有人搞错了考试规则，告诉了朋友，朋友又告诉了一班学生。

What I have been finding this year is different. The claims are specific. They carry a number. They name Cambridge, or IDP, or ielts.org, and they give a year. They look exactly like research.

但今年我看到的不一樣。这些说法非常具体，带着数字，引用剑桥、IDP 或 ielts.org，还标上了年份。它们看起来就像真的研究。

Then you go looking for the document, and it is not there.

然后你去找那份文件——它不存在。

The short version

简短版本

Some of the IELTS advice now circulating online was written by a machine and checked by nobody. It invents statistics and attributes them to real organisations. This brief shows you four examples I found, explains how to tell, and gives you the one question that catches most of it: **can I find this document myself?**

现在网上流传的一部分雅思建议，是机器写的，而且没有人核对。它会编造数据，并把它们归到真实机构名下。本文展示我找到的四个例子，说明如何分辨，并给你一个能拦住大部分假信息的问题：**这份文件，我自己找得到吗？**

PART ONE • 第一部分

Four claims I could not verify

四个我无法核实的说法

These are real, found on real preparation and agency websites in August 2026. I am not naming the sites. The point is not who published them — it is that each one names a source, and in each case I could not locate the document being cited.

以下都是真实例子，2026 年 8 月发现于真实的备考网站与中介网站。我不点名。重点不在于谁发的，而在于：每一条都标了出处，而每一条的出处，我都找不到。

Memorised Task 2 templates are “capped at Band 4.0 for Task Response” following a 2025 examiner retraining.

Cited to: “IELTS.org examiner guidance, 2025”

背诵模板的写作 Task 2 会被“限分在 4.0”，因为考官在 2025 年受了新培训。

出处：“IELTS.org 考官指导，2025”

—— 考官培训材料属于内部文件，从不公开发布。

Spelling accuracy is “one of the top three differentiating factors between Band 6 and Band 7”.

Cited to: “Cambridge Assessment English (2024)”

拼写准确性是“6 分与 7 分之间前三大区分因素之一”。

出处：“剑桥英语考评（2024）”

—— 找不到这份出版物。

Candidates who self-correct spelling during the writing phase “score on average 0.3 bands higher”.

Cited to: “IDP Education (2025)”

写作过程中自改拼写的考生“平均高 0.3 分”。

出处：“IDP Education (2025)”

—— 找不到这项研究。而且这个数字本身就不合常理。

Black ballpoint pens became mandatory at all paper-based centres in February 2025.

Cited to: nothing at all

2025 年 2 月起，所有纸笔考场强制使用黑色圆珠笔。

出处：没有。

—— 任何官方网站上都找不到这条规定。

Notice the pattern. A plausible claim. A real organisation. A recent year. And a number precise enough to sound like it came from somewhere.

注意这个共同模式：一个听起来合理的说法，一个真实的机构名，一个最近的年份，以及一个精确到好像真有出处的数字。

I am not saying the people publishing this are dishonest. Most of them have not checked either. That is the problem: this material is now being generated faster than anyone is reading it.

我并不是说发布这些内容的人不诚实。他们大多数也没核对过。问题恰恰在这里：这类内容被生成的速度，已经快过了任何人阅读它的速度。

PART TWO • 第二部分

Why examiner guidance is never the source 为什么“考官指导”永远不会是出处

The first claim above is the most common shape, and it is the easiest to catch once you know one fact.

上面第一条是最常见的形式。只要你知道一件事，就很容易识破。

1. **Examiner training material is confidential.** It is not published, it is not downloadable, and it is not quotable. Anyone citing “examiner guidance” as a public source is either paraphrasing something else or has invented it.

考官培训材料是保密的。不公开、不可下载、不可引用。任何把“考官指导”当作公开出处引用的人，要么在转述别的东西，要么是编的。

2. What is published is the band descriptors, and they are free. Every real claim about how your writing or speaking is judged should be traceable to that document. If it cannot be, ask why.

真正公开的是评分标准（band descriptors），而且免费。任何关于写作或口语如何被评判的真实说法，都应该能追溯到那份文件。如果不能，就要问一句为什么。

3. Here is a real example of how that works. People often ask whether Band 7 writing has to be error-free. The published descriptors answer it: even at **Band 9**, rare minor errors are permitted as slips. ^[2] That is checkable in one minute, by you, without trusting me.

举个真实例子。很多人问：7分的写作是不是不能有错？公开的评分标准直接回答了：即使在**9分**，偶尔的小错误作为“失误”也是允许的。^[2]这一点，你一分钟就能自己查证，不需要相信我。

PART THREE • 第三部分

Three questions that catch most of it 三个问题，能拦住大部分假信息

You do not need to be an expert. You need thirty seconds and a slight unwillingness to be impressed.

你不需要是专家。你只需要三十秒，以及一点儿“不那么容易被唬住”的警惕。

1. Can I find this document myself? Not the website quoting it — the document. If the claim names a report, search for the report. If it does not exist, the claim does not either.

1. 这份文件，我自己找得到吗？不是引用它的那个网站，而是文件本身。如果找不到，那个说法也就不存在。

2. Would the test owners actually publish this? Band descriptors, test format, dates and fees: yes. What examiners are told in training, or how individual centres behave: no, never.

2. 主办方真的会公布这种信息吗？评分标准、考试形式、日期与费用：会。考官培训内容、各考场的内部做法：从来不会。

3. Is the number too neat? “0.3 bands higher”, “capped at 4.0”, “top three factors”. Real research reports ranges and uncertainty. Invented research reports tidy numbers, because tidy numbers persuade.

3. 这个数字是不是太漂亮了？“高0.3分”、“限分4.0”、“前三大因素”。真的研究会给出区间和不确定性；编出来的研究只给漂亮数字，因为漂亮数字才能说服人。

And one more, for teachers. If a claim would change how you teach, it deserves a source. If it would not, it does not matter enough to repeat.

另外一条，给老师。如果一个说法会改变你的教法，它就值得你去找出处；如果不会，那它也不值得你重复。

Where real information lives. ielts.org for format and policy. chinaielts.org and ielts.neea.cn for anything specific to mainland China. The published band descriptors for anything about marking. Three places. Everything else is commentary, including mine.

真实信息在哪里。 ielts.org（考试形式与政策）；chinaielts.org与ielts.neea.cn（中国大陆相关）；公开的评分标准（一切与评分有关的事）。就这三处。其余都是评论——包括我这份。

IN SHORT • 一句话总结

What to do with this 这份文件怎么用

Do not stop reading advice. Start asking where it came from.

不是叫你不看建议，而是开始问：这是从哪里来的？

A teacher who cannot tell you where a rule comes from may still be a good teacher. A teacher who invents a source is telling you something about how they work.

一个说不出规则出处的老师，未必不是好老师。但一个编出处的老师，已经告诉了你他是怎么做事的。

And apply it to me too. Everything in this brief has a numbered reference below. Go and look.

这一条也请用在我身上。本文每一条说法下面都有编号出处。去查。

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. The four unverifiable claims quoted in Part One were found on live websites in August 2026; they may since have been corrected or removed. I have not named the sites, and I am not suggesting deliberate deception — only that the claims could not be traced to any published source. If you can locate any of these documents, please write and tell me, and I will correct this brief.

信息截至 2026 年 8 月 8 日。第一部分引用的四条无法核实的说法，发现于 2026 年 8 月的在线网站，之后可能已被修正或删除。我不点名，也不暗示有人故意欺骗——只是这些说法无法追溯到任何公开出处。如果你能找到其中任何一份文件，请告诉我，我会修正本文。

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 Writing Band Descriptors (public version), Task 1 and Task 2. 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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