

朗阁雅思口语考题预测

Part 1

1. What kind of farmland do you like?

Sample answer:

I prefer the type of farmland that has a vast scenic area that can accommodate many livestock such as cows, goats, and pigs. When I feel stressful, I can wander around the large piece of land to relieve the stress and get refreshed. When I need some food, I can get some vegetables planted in the farm as well as some meats like beef, mutton, or pork.

2. Did you do farming work in your childhood?

Sample Answer:

No, I didn't. I had no chance to do that because I lived in cities in my childhood. There were no farms in urban areas. What I could get in that period was the factories and companies, which were the features of the metropolis.

3. Do you often watch programs on TV or mobile phone?

Sample Answer:

I rarely watch programs on TV nowadays; I mostly just use my phone. My phone is easier to carry around, and there's a greater variety of programs that I can watch online. I feel that most young people don't watch TV anymore. The only people who watch TV in my family are my grandparents who watch the news every day.

4. Do you discuss a program with your friends?

Sample Answer:

I do, especially those programs that release only one episode a week. For these programs, the audience is left wondering what will happen next, and this is what I discuss with my friends. We also talk about which characters we like best, and we gossip about the actors.

5. What colors are the walls of the rooms in your home?

Sample Answer:

Most of the walls in my family are white, except for my bedroom which's painted light blue because I like the color. My parents prefer a rather minimalistic style of home decoration, so aside from the white walls, everything else in my home is in neutral colors like grey, tan, and beige.

6. Do you prefer dark colors or bright colors?

Sample Answer:

It depends on the occasion. For home decoration, I think bright colors look better, but when it comes to choosing outfits, most of what I wear is dark. Black, dark blue, and dark grey are probably the most common colors in my wardrobe. I like dark colors more because they're cooler and more serious, which is the overall mood I hope to achieve with my aesthetic.

7. How often do you take a rest?

Sample answer:

When I'm in school, I have a full course load, so I don't have much time to rest. I would

consider my lunchtime and dinnertimes as my times to rest because after I'm done eating, I can go for a stroll with my friends, and that gives me energy for more classes and schoolwork.

8. Do you take a nap when you are taking your rest?

Sample answer:

I don't. I never take naps; it's just not a habit I have. I remember when I was in middle school, we had these mandatory nap times after lunch, and I could never fall asleep. The only few times where I've slept in the middle of the day is when I've pulled an all-nighter and I was feeling awful.

9. Are there any important trees in your country?

Sample answer:

No, not that I know of. Magnolia trees and sycamore trees are pretty common where I live, but since China is so large, there are lots of different trees that grow in different climates. As far as I know, I don't really think there is a single tree that has a great amount of significance in my country.

10. Do you think places with trees attract more visitors than places with few trees?

Sample answer:

Yes, I think that especially in large cities where nature is so rare to be found, people like to visit places with lots of trees.



Part 2

1. Describe a time when your computer had a problem

You should say:

What the problem was

When it happened

What you did for the problem

And explain how you felt about it

Sample answer:

One of my old laptops had a problem with its graphics card and its hard disk. Whenever I opened any software that needed a lot of power from the graphics card, my computer would make some funny noises and shut down and restart itself. Due to this, I had trouble using software such as Adobe Photoshop and Premiere Pro, so I had to use my older computer for these functions.

One day last week, I wanted to make some small edits to a photograph and I couldn't be bothered to open my older computer, so I tried to open Photoshop on my laptop. I made sure to close all the other applications so that the graphics card wouldn't be heavily burdened. However, to no avail, the moment the Photoshop application launched, my computer's screen went black and restarted. As soon as it successfully restarted, it automatically tried to open the Photoshop application, which made it restart again. This went on for a couple of times while I sat there clueless, until I thought of pressing down the power button for a forced shutdown of my computer. When I tried to turn on the computer, there were weird clicking noises coming from inside of my laptop, and there was a dark screen with a white sign in the middle. I was beginning to worry that something bad had happened, so I turned on my other computer and started searching online for what to do. Unfortunately, I found that this particular sign only appeared when the computer couldn't find a hard drive to reboot its system; in other words, not only was there something wrong with the graphics card, the hard drive was broken as well. The only solution would be to wipe the computer and reinstall the system, which meant that all my files were gone.

Upon reading this, I was exasperated and sad for my malfunctioning computer and all the files that I had lost. I was also upset at myself for not making a backup of my files.

2. Describe a piece of international news you have just recently heard

You should say:

What the news is about

Where and when you heard it

What you were doing when you heard the news

And explain how you felt about this piece of international news.

Sample answer:

Speaking of a time I heard someone talking on the phone, a recent experience popped into my mind immediately.

As a part of the younger generation, I get most of my news online.

The last piece of major international news I heard was about the current U.S. president, President Trump, pressuring Georgia's Secretary of State to manipulate the state's election results to be favorable towards Trump, so that he could win back the election. The news article talked about a leaked recording of Trump pressuring Georgia's Secretary of State to, miraculously, "find" enough votes so that Trump could win in Georgia, in other words, to cheat the election. The news article included quotes from the leaked recording, as well as the statements and opinions made by various other politicians and officials concerning the serious matter, with some critics even comparing it to Nixon's Watergate scandal.

I read this article when I was browsing through the news on Wechat before dinner, and when my family sat down to eat dinner, we talked a bit about this topic. Honestly, I was surprised but I wasn't shocked when I first read about it, because it would not be the first time that a scandal involving Trump has come up on the news. Earlier instances include all the events leading up to the talk of impeachment and his many quotes on Twitter. A president meddling in a democratic election is a terrible thing, and this election holds a lot of weight for the future of the U.S. as well as the rest of the world. For international students like me, the results of this election could have a direct impact on my visa prospects and my studies. For others, it is a matter of international relations, trade, taxes, and more.

3. Describe a time when you ate something for the first time

You should say:

What you ate

When you ate it

Where you were

And explain how you felt about it

Sample answer:

I still remember the first time I tried licorice.

A few years ago, I bought a bag of candy at the airport, not knowing there was licorice inside. On the outside of the candy bag, there were colorful designs of candy drops, and since I loved eating gummy candy, I thought that that was what I was buying. When I got home and opened the bag, an overwhelming smell came to me. It was like the sickly-sweet smell of cough drops and medicine. Maybe the candy will taste better than it smelled, I thought, but I was terribly wrong. The taste of the candies was sweet and sour and bitter all at the same time, with a strong and weird taste of herbs. It was almost like the traditional Chinese medicine brewed out of roots and herbs my grandma forced me to drink when I was little. I tried to swallow the candy, but the taste was so bad and unexpected that I gagged.

I grabbed the candy bag and saw that it said licorice on it, but I didn't know what it meant so I searched online, and I found that licorice was a candy made out of the juice of the licorice root, a strong-smelling spice. I'm not a picky eater, but I couldn't believe that there were people who liked the taste of licorice. I hated it. I later brought the bag of candy to school, and sure enough, nobody seemed to like the taste. That was the first and last time that I will probably ever eat licorice in my life.

4. Describe a kind of bag you want to own

You should say:

What kind of bag it is

Where you want to buy it

How much it will cost you

And explain why you want to buy this kind of bag.

Sample answer:

I would like to have a new JanSport backpack. It's a big backpack with adjustable straps and four compartments. I've been using my old backpack for all of middle school and high school, and it's pretty worn out, so I've decided that I should get a new one.

The reason why I want to buy it from the brand JanSport is that the bags are durable and have lifetime warranties. At college, I'll be using my backpack every single day to carry my laptop and heavy textbooks around campus, so I want to make sure that my bag is of good quality. What's more, I really like the brand's backpack designs, the colors and style are all to my liking.

I'm not sure of the exact price, but I think that the price of the style of backpacks that I have in mind is around 400 yuan. I know that this price is a bit more expensive than normal, but I think it's worth it for the quality and the warranty. Preferably, I would like to buy it in the United States because there's a greater variety of styles to choose from, and it's slightly cheaper without customs tax, but if my current backpack wears down before then, I'll probably buy them online in China, either on Taobao or Amazon.

5. Describe a time you needed to use your imagination

You should say:

What the situation was

Why you needed to use imagination

What the difficulties were

And explain how you felt about it.

Sample answer:

There was a time in middle school physics class where we needed to use our imagination. We were covering a unit on outer space, and we had to make a model of various concepts that we learned, including planets in the solar system, black holes, etc. Because we were in middle school, we didn't learn much about the exact science and theories behind the planets, but rather, we learned about their descriptions and what they were like. Based on that, we had to make hand-made models. This was where I used my imagination to invent something that could represent celestial bodies that no one has ever seen with their naked eye before. The difficult part was that we also had to make the object recognizable, in other words, the size and scale of the various planets had to be relatively accurate, and had to resemble the planet in some way. We had to be creative under these limitations, and this was a nice challenge.

Overall, I really enjoyed making the project. There was no wrong answer. What was also fun was seeing other classmates' interpretations of the same object, for example, the sun could be a yellow paper ball in the hands of one student, yet in another, it could be a spiky red thing with wooden sticks representing sun rays sticking out of it. Looking back, I think that projects such as these that combined science with art and design were the good memories that really stood out from my time in school and really helped with my understanding of different subjects.

6. Describe an occasion when you waited for something or someone for a long time

You should say:

Who or what you waited for

Where you waited

Why you waited

And explain how you felt while you were waiting

Sample answer:

My little brother is a huge procrastinator, so I often have to wait for him whenever we do something together. There was one time when I had to wait for him for so long that I got very mad at him.

We were planning on seeing the newest Avengers movie together, and I had already bought the tickets for the movie at 2 o'clock. The movie theater was near our house, so we planned to leave at least twenty minutes early. By the time it was one thirty, I had already put on my jacket and shoes, and was ready to leave, yet my brother was still slowly moving at his own pace. I told him to hurry up, but he had to go to the bathroom, and then he had to unlace his shoes to put them on, and then he couldn't find his gloves, so he went back into the house to look for them. I was standing outside the front door, already impatient. I was yelling at my brother to hurry or else we'll be late, but he didn't seem to be in much of a hurry. After quite a while, he finally was ready to go, and by then there were only fifteen minutes until the start of the movie. We ran towards the movie theater together, however, we were still late and missed the beginning. What's worse was that by the time we arrived, everyone was already seated and the movie was playing, so people glared at us for blocking their views as we went to find out seats. I was extremely mad at my brother, and from then on, I made sure to make him leave super early so that we could be on time.

7. Describe an interesting conversation

You should say:

Who you had it with

Where it happened

What the conversation was

And explain why the conversation was interesting

Sample answer:

I once had a really interesting conversation with one of my English teachers. This conversation happened after my high school graduation when I dropped by my high

school to chat with teachers and to grab some things that I left behind.

I was in his office when he asked me what were my plans for the summer and for college. I told him that I didn't really know, but I was taking the time to figure out what to do with my life by trying new things and reading about different subjects. My English teacher then proceeded to tell me about his college years and what he did afterward to give me some inspiration. He talked about how he got interested in Buddhism after he graduated high school, so he read a lot of books about the subject and practiced meditation at a conservatory near his house. He also knew that I was really into punk rock music, and during our conversation, he managed to connect the two, punk rock and Buddhism. He said that there were lots of similarities in the ideas behind them, and he gave some amazing metaphors about the similarities between Zen and the spirit of rock music. To me, the conversation was really enjoyable and fun, yet also enlightening and inspiring. It has gotten me interested in Buddhism and the entire subject of philosophy, and it's still a conversation that I think back and recall once in a while.

8. Describe a time when you made a promise to someone

You should say:

To whom you made the promise

Why you made the promise

What the promise is

And explain is it easy or difficult to achieve

Sample answer:

When I was little, I once made a promise to my mom to stop reading in bed at night under the covers. Back then, I was probably in fourth or fifth grade, and I loved reading fantasy novels. I would spend every minute of my spare time reading, and even at night, I continued to read with a flashlight under the covers. My mom soon found that I was always tired and sleepy during the daytime, and she later found out that I was sneakily reading at night. She was really mad at me because she thought that it was bad for my health, and so she made me promise her to never do it again. In return, she said that I could have whatever books I wanted for Christmas and my birthday, so, naturally, I agreed.

It was not an easy promise because sometimes I would get so mesmerized by a story that I just couldn't put it down. But I found a way to work with the promise. I started reading faster, and sometimes I would get up really early at four or five o'clock to read during the mornings. Although there were probably one or two times where I broke the promise to read for just a while. Luckily, my mom didn't find out, and later, for Christmas and my birthday, I still got the books my mom promised me.

9. Describe a toy you liked in your childhood

You should say:

What kind of toy it is

When you received it

How you played it

And how you felt about it

Sample answer:

When I was about five years old, my favorite toy was a mini piano. It cost my father like 50 yuan which was a lot of money at that time. At first, my dad refused to buy it for me, but I really insisted on having one and I cried loudly in the mall as a little girl usually does. Finally, my father felt embarrassed, and he bought it for me after I promised that I would cherish it a lot. I was well chuffed.

That was a long time ago, but I still remember that it extremely resembled the real piano, but in a really small size which was suitable for kids. I could play some music with it. Actually, at the time, I didn't know anything about piano, and I just tried to remember it as the same way to remember numbers. Often, I played it with my sisters, and sometimes we fought over the toy. Whatever, that was a lot of fun.

I think playing instruments related toys can help kids to be into music. Maybe some of them could learn some instruments and finally achieve something like becoming musicians. Compared with activities like playing cellphone or computer games which are easily addictive, such toys can be a better choice. And playing with others could be a great opportunity to learn socializing and sharing with people, which are of significance for kids; especially for most Chinese kids because they are the only child in their families.

10. Describe a computer/ phone game you enjoy playing since your childhood

You should say:

What it is

What it is like

How you play it

And why you enjoy playing it

Sample answer:

When I was little, there wasn't a great variety of computer games available. I didn't own a computer or phone, and I had to share the family computer with the rest of my family. There is this one game that's preinstalled on every computer with a Windows system that I enjoyed since I was a kid. That game is Minesweeper.

It's a relatively simple game; there's a grid with lots of boxes that might have mines behind them, and the objective is to clear the grid of all the boxes that are not mines. The only clues the player gets are numbers that show how many mines are in the neighboring squares for every square. When I was little, I thought that it was a pure game of luck, so I would click away at the screen, hoping to win by chance. Later on, as I learned how to play the game, I was able to clear bigger and bigger grids with more and more mines. I enjoyed playing it because as long as you were careful and smart, you could win just based on logical reasoning. At the same time, it was exciting to hold your breath and click at an unknown box, hoping that it wasn't a mine or else the game would end. I would sometimes play with friends, taking turns to click at the boxes, and whoever ended the game would be the loser. At a time where there weren't many forms of entertainment available, Minesweeper was the game that occupied many afternoons of my childhood.

Today, I still enjoy playing Minesweeper when I'm bored and am looking for a mental challenge. I play against myself and try to complete a game in the least amount of time



possible. To me, Minesweeper is one of those classic games that will stand the test of time.



Part 3

1. Describe a time when your computer had a problem

1) Why people are addicted to computer?

Sample answer:

There are so many things that a computer can do, people hardly ever need to turn to other devices. Aside from being used for productivity, computers are also great sources of entertainment, allowing people to go online, play video games, watch movies, and more. There is endless content on the internet, and people can browse forever looking for articles, videos, and other things they are fascinated with.

2) What people do with a computer?

Sample answer:

Different people use the computer to do different things. Students mainly use the computer to search online and type their homework. Programmers use computers to write code and design software. Others, such as artists, use computers to make digital art and animations.

2. Describe a piece of international news you have just recently heard

1) How do Chinese people usually get news?

Sample answer:

The younger generation usually uses social media platforms like Twitter or Wechat to get their news, while the older generation most likely still watches news on TV or reads the newspapers. Many newspaper companies have websites with articles online, and I think that this is something both the younger and older generations use together.

2) Which kind of news is more popular, domestic news or international news?

Sample answer:

For me and many of my friends who are studying abroad, international news is more popular, or at least, it's more commonly discussed, because anything that happens on a global scale has the potential to affect the lives of us international students. However, people like my grandparents mainly pay attention to domestic and even local news, simply because they are retired and international news does not matter much to them.

3) Do you think children should pay more attention to the news?

Sample answer:

I think they should. The world is becoming ever more globalized, and I think every single person, no matter from which country or at which age, should know about the affairs of the world. A single event from another country across the ocean has the potential to affect millions of people, and I think that listening to the news would be good education about world affairs for children.

4) How is the news media changing recently?

Sample answer:

News platforms have gradually shifted their focus from traditional forms of media such as television and newspapers to social media platforms and websites online. As a result of such, the speed and accessibility that news can disseminate is at an all-time high. This seems to be a good thing for getting timely news, however, it also brings up problems concerning credibility and accuracy.

3. Describe a time when you ate something for the first time

1) What kinds of foreign food are popular in your country?

Sample answer:

I think that in China, there are popular foreign foods from all over the world. For example, for Asian countries, Japanese, Korean, and Indian cuisines are quite popular, and lots of Chinese people enjoy sushi, kimchi, and curry. As for Western countries, I would say American fast food is the first to come to mind including stuff like hamburgers and pie.

2) What are young people's opinions on new food? How about old people?

Sample answer:

I feel that young people are more open to new experiences and trying out new food because they grew up while the world was becoming globalized, which means they've had exposure to different foods of different cultures when they were still young. Old people, since they probably have eaten mainly local, traditional food their whole lives, might not be used to new tastes.

3) Should teachers and parents teach children how to cook?

Sample answer:

I think they should. Not only is it an essential life skill, but cooking is also something that can bridge cultures and spread joy. Every different culture has different foods that are special to the culture, and learning to cook is a way to continue cultural traditions while making something tasty to eat.

4) Why do people like their local food?

Sample answer:

I think the reason people like their local food is that they've eaten it ever since they were born, meaning that their taste buds have gotten used to the taste. Even when people move to different cultures with different food, whenever they eat their local food, it will bring back memories of their hometown, of their childhood, or of their local culture.

4. Describe a kind of bag you want to own

1) Why do women like buying bags?

Sample answer:

Women buy bags for many purposes. Some use them to show their status and wealth, especially those that buy expensive designer bags. For others, bags are merely accessories used to accompany an outfit. Different outfits are needed for different purposes in life, and the same applies to bags. Some bags may be more formal and suited for the workplace, whereas others may be more playful and may make a good accompaniment to an outfit for partying or going out.

2) Is back-bag useful in life?

Sample answer:

Yes, it is very useful, because we can store lots of things in a backpack, making it the ideal bag for outdoor sports and travelling. What's more, the backpack allows people to carry the weight on their backs, leaving both of their hands free. I would say that it's probably the most convenient bag.

3) Why some people like buying expensive bags?

Sample answer:

Some people buy expensive designer bags to show off their status and wealth, in an attempt to satisfy their egos. There are also others who like to collect expensive designer bags that are limited-edition, and then trade or sell them. New designs of bags come out every season, so people will continuously be wanting to buy more.

4) In the future, what changes will the bag have?

Sample answer:

There's a current popular trend of "wearable-tech" gadgets where technology is combined with everyday objects to provide more functions to assist with our daily lives. Some examples of this include smart watches that can monitor people's health and glasses that aid with driving and navigation. I think this trend will apply to bags as well, and in the future, there may be new bags that might contain portable batteries or solar panels, to give an example.

5. Describe a time you needed to use your imagination

1) Is imagination important for children?

Sample Answer:

Yes, it is. Imagination leads to creativity, and it helps us solve problems. If parents do not nurture children's creativity and just let them watch TV all day, children tend to be less inventive and unable to come up with new ideas.

2) When do children need imagination?

Sample Answer:

I think imagination can help children better understand the world around them. Children, at their young age, are beginning to perceive and understand the world, and imagination can help them do so. For example, some kids like to play dress-up and pretend to be cooking or teaching, and creating these made-up scenarios in their head can help with their critical thinking skills and understanding of different roles.

3) What kind of occupations need imagination?

Sample Answer:

I would say many professions need imagination. Imagination can be used to create art, to solve problems, and do much more. Aside from typical creative professions like being an artist, scientists, teachers, and even politicians need imagination to come up with inventive new ways to solve problems.

4) Do scientists need imagination?

Sample Answer:

Yes, they do. Imagination is used to come up with creative solutions to many scientific problems and it can also be used to come up with new theories to be tested when facing the unknown, as is commonly found in the work of scientists working with theory. For example, the Big Bang Theory that describes the origin of the universe started as an idea from some scientist's imagination, and only after the idea is formed, can it be tested in real life using observational equipment.

5) Do the employees in a company need imagination?

Sample Answer:

I believe they do. The imagination they need might be different from the imagination used by artists and writers, but still, nonetheless, imagination can assist them to be more productive and creative. Companies value innovation and the ability to “think-outside-of-the-box”, both of which need plenty of imagination.

6. Describe an occasion when you waited for something or someone for a long time

1) How do you manage time?

Sample Answer:

I manage time by wearing a watch and constantly glancing at it to keep track of the time. What I find to be really helpful when I need to focus on a project is to set a timer for myself. For example, if I have an assignment that I estimate to need around two hours, I'll set a timer on my watch for two hours. This way, with a time limit, I tend to procrastinate less and focus more on what I'm doing.

7. Describe an interesting conversation

1) What do young people have conversation about?

Sample answer:

Young people talk about everything ranging from current events to everyday gossip. Some really interesting conversations I've had with my friends covered broad topics including art, politics, philosophy, literature, and random stories that we've seen on social media. Other people like to talk about music, the newest breakthroughs in technology, and gossip about celebrities.

2) Do people have conversation more or less than they did in the past?

Sample answer:

Contrary to what many people may believe, I think that in this era of technology, people talk more than they did before. Even though there might be fewer face-to-face conversations, people now have more convenient ways of conversing through social media or even email.

3) Do you think in the job we need a good conversation?

Sample answer:

I think we do. In the workplace, people still rely on communication and good relationships to get work done. Even though lots of things can be replaced by technology nowadays, I don't think that it can replace human interaction. Good conversations are still key to building better trust and connections between people, and is definitely needed in the workplace.

8. Describe a time when you made a promise to someone

1) Generally speaking, whether parents in China make promises to their children?

Sample answer:

I would say that parents do sometimes make promises to children in China. I think most often it is a promise of some sort of reward for doing something good, such as getting a good grade or a good rank in school.

2) Do children make promises to their parents?

Sample answer:

Children do make promises to parents, but usually, it's at the request of the parents. For example, some parents might make kids promise to never smoke cigarettes or to clean their room every week. I personally don't think that it's a very effective method because the promise isn't initiated by the child, rather, they just reluctantly agree to what their parents want.

3) Do most people keep their promise?

Sample answer:

Yeah, I think most people keep their promises, or at least, they try to. Otherwise, there would be no trust between people and society would be a dangerous and unfriendly place to live in.

9. Describe a toy you liked in your childhood

1) How do advertisements influence children?

Sample answer:

Advertisements are more and more appealing nowadays and children are likely to be attracted by the intriguing advertisements. Obviously, the advertisements have become a part of our life. When we see the advertisements, we will be attracted by them and have the strong desire to buy the products. Especially for the children, they are more easily attracted by the toys ads.

2) Should advertising aimed at kids be prohibited?

Sample answer:

I don't think so. Advertising may be misleading sometimes but it offers kids more choices in purchasing toys and foods. Also, kids and their parents can learn about products without going to a shopping mall which brings them a lot of convenience.

3) Do you think parents should buy more toys for their kids or spend more time with them?

Sample answer:

Compared with buying more toys, I think spending more quality time with them is more important. Parents are always working hard to earn money and can't spare much time to accompany their children. However, companion is fundamental for children's growth. After all, moral encouragement is always more precious than material things.

4) What's the difference between the toys kids play now and those they played in the past?

Sample answer:

Well, compared with the toys kids played in the past, toys for children nowadays tend to intelligence development and hands-on ability of children. What's more, the types are also more diverse. In the past, toys were quite simple and limited. Nowadays, big toy stores like Hamleys are everywhere.

10. Describe a computer/ phone game you enjoy playing since your childhood

1) Why do more and more young people like playing electronic games?

Sample answer:

Young people are always busy with work or with school, so they need a way to relax and they turn to video games. Most people have smartphones and access to the internet to play video games, and playing games together with friends is a lot more fun. There's a large variety of games to choose from, so people are sure to find games that suit their interests.

2) What will happen if teenagers spend too much time playing computer games?

Sample answer:

When teenagers spend too much time on computer games, they neglect their other duties like schoolwork. I have heard stories about kids who were addicted to video games and even skipped school to play games. They failed all their classes and had to repeat a grade.

3) Should parents and teachers prevent children from playing games?

Sample answer:

I don't think that parents and teachers should entirely prevent children from playing computer games, but I do think that they should set a limit for the time allowed to play games. Some kids might use video games to relax, but I am sure that many kids have gotten carried away and played video games all day and night without doing any school work at all.

4) What are the benefits of playing electronic games?

Sample answer:

I remember I once read somewhere that playing video games can improve people's reflex and reaction speeds, especially if they play games that require split-second decision making or fast controls. I think this could be a benefit for people playing sports. Video games are also good for taking people's minds off work and relaxing.