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大学英语实用听力教程

4

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前 言

《大学英语实用听力教程》是由北京大学出版社出版的《必胜英语——大学英语实用听说教程》的听力篇,是一套为新世纪非英语专业大学生编写的听力教材,供大学英语听力课程的一般要求和较高要求层次的教学使用。

该教程依据教育部最新颁发的《大学英语课程教学要求(试行)》的听力能力要求,结合大学英语四、六级最新出台的考试大纲与新题型,遵循外语习得的相关理论,以功能意念训练为主线,继承原版教材先进的主题型(theme-related)的编写思路,选材广泛,语言地道,可读性与可思性强,题型多样,由浅入深,趣味性与实用性强,教材编排可操作性强,便于教师课堂内教学安排及学生课后自主学习。

本教材编排设计共为8个单元,每单元分A、B两部分,每部分为一个小时的教学量,可满足一个学期的教学任务。每单元的A部分由I—VII部分构成: I. 普通常识,听写短语,用绕口令等练习形式帮助纠正中国学生易混淆的音素与发音错误。II. 短文听力练习,精选2篇短文。III. 听写缩略语练习形式,为听懂CRI、VOA、BBC等新闻广播做准备。IV. 表述问答。V. 情景对话练习。VI. 长短文听写。VII. 应用文听写。本书注重对学生语言基础与语言交际能力的培养,其听力材料选材内容丰富、健康、详实,练习设计多样化。从考虑训练学生对所听的东西做出快速反应,猜测、判断信息,培养学生的英语听辨能力出发,以达到让学生理解所听材料的内容为目的,我们力争让本书有很强的学习性、训练性和实用性。每单元的B部分紧扣当今的一些标准化考试题型,旨在帮助学生备考四、六级以及其他一些流行性的考试。

该教程亮点之一:听力拓展训练部分环环紧扣《必胜英语——大学英语实用听说教程》每单元的主题。亮点之二:根据大学生求新、求鲜、即学即用的求知心理,设计了形式多样的听力题型。学习者在语言输入的同时熟悉语言输出的技巧,既训练了听力,又扩大了知识面,学到了地道的惯用法与实用文体等知识。亮点之三:循序渐进、夯实基础的设计思路,注重听力的基础技能训练,在培养学生听懂基本语言单位(语音、数字、单词、短语、惯用法、单句等)的基础上,逐步过渡到情景会话、短文、应用文等语篇层次上的听力理解能力训练,以逐步培养学生对所听材料内容的理解、分析、归纳和综合推理的能力。

由于时间有限,谬误难免,敬请各位同仁和学生不吝匡正。

编 者
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Balancing Your Life

A

I

Sound Discrimination

Exercise A

Directions: Listen carefully and supply the missing words. Try to understand the meaning of each sentence.

1. Don't _____ till tomorrow what should be done today.
2. Constant dripping _____ a stone.
3. Fools learn _____ from wise men, but wise men learn much from fools.
4. Knowledge makes humble, _____ makes proud.
5. A fall into a _____, a gain in your wit.

Exercise B

Directions: Can you read the Tongue Twister below correctly and quickly?

A tall eastern girl named Short long loved a big Mr. Little.

But Little, thinking little of Short, loved a little lass named Long.

To belittle Long,

Short announced she would marry Little before long.

This caused Little shortly to marry Long.

To make a long story short, did tall Short love big Little less because Little loved little Long more?

II

Numbers

Exercise A

Directions: Listen to the following statements and fill in the blanks with the right numbers.

1. Tim's watch reads _____.
2. My wife bought the same coat for \$ _____.
3. We'd better leave here at _____.
4. The suitcase is on sale. I can buy three at \$ _____.
5. Jack would be here at _____ since his car broke down on the way.

Exercise B

Directions: You will hear two passages. One is about sharks and the other is about the American writer John Steinbeck. Some questions will be asked after each passage. Listen carefully and choose the best answer to each question according to what you hear.

Passage One

- | | | | |
|--------------------------|----------------------|---------|-----------|
| 1. A. 2.5 million years. | B. 25 million years. | | |
| C. 250 million years. | D. 25 billion years. | | |
| 2. A. 28. | B. 280. | C. 150. | D. 1,500. |
| 3. A. 28. | B. 280. | C. 150. | D. 1,500. |

Passage Two

- | | | | |
|---------------------|------------------|------------------|------------------|
| 4. A. In the 1920s. | B. In the 1930s. | C. In the 1950s. | D. In the 1960s. |
| 5. A. In 1926. | B. In 1936. | C. In 1962. | D. In 1963. |



Common Knowledge

Directions: Listen to the following expressions, spell them out and find out what they mean in Chinese.

- | | |
|----------------------------|-----------------------|
| 1. biz: _____ | 2. cig: _____ |
| 3. mod: _____ | 4. fridge: _____ |
| 5. atomomb: _____ | 6. blacketeer _____ |
| 7. cinemanufacturer: _____ | 8. fruice: _____ |
| 9. Chinglish: _____ | 10. teleceiver: _____ |



Statements

Word Bank

sheer	a.	nothing but	纯粹的,全然的
perseverance	n.	continual steady effort made to fulfill some aim	毅力,坚持不懈
devil	n.	an evil spirit	恶魔
curfew	n.	a rule that all people should be in doors by a stated time	宵禁
slip	n.	minor error caused by carelessness or lack of attention	小错误,小疏忽
joint	n.	place where bones join	骨关节

Exercise A

Directions: Listen to the following 5 statements, and fill in the blanks with the words you hear.

Then try to translate the idioms or set phrases into Chinese.

1. You _____ in that uniform. ()
2. He _____ by sheer perseverance. ()
3. I didn't expect that he would send the report to the director of board. Let's _____ and hope for the best! ()
4. It makes me nervous to see those kids outside just standing around; _____!
()
5. The experiment is in the final stage, and they were warned to _____. ()

Exercise B

Directions: Listen to the following 5 statements, and fill in the blanks with the words you hear.

Then guess what the expressions probably mean and match the idiomatic expressions in the sentences with the best explanations listed below.

1. He _____ to her staying out past curfew.
2. I suspect that Pierre is talking about me again, because _____.
3. Be careful talking to the police tomorrow; one _____ could get us into big trouble.
4. She keeps an eye on her boyfriend for fear someone else should _____.
5. Don't let out anything we have discussed at the conference. Anyway, _____.

- A. makes her jealous by taking her place
- B. I think someone is saying something about me
- C. keep what you've heard to yourself is safe
- D. occasion when you say something you don't mean to say
- E. ignore some rules being broken



Situational Dialogues

Word Bank

entitle	v.	have as a title	以……为名
yoga	n.	Hindu system of physical exercise and breathing control	瑜伽功
beneficial	a.	improving a situation; having a helpful or useful effect	有利的;有帮助的;有用的
therapist	n.	a specialist who treats a particular type of illness or problem, or who uses a particular type of treatment	(某治疗法的)治疗专家

Exercise A

Directions: You will hear a dialogue on living a balanced life. Then some questions will be asked about this dialogue. After hearing each question, read the four possible answers and choose the best one.

1. A. A book. B. A novel. C. An article. D. A magazine.
2. A. To balance intellectual work and physical activities.
B. To balance our roles in life.
C. To take part in activities.
D. Both A and B.
3. A. Career. B. Spirituality. C. Family. D. Health.
4. A. Because she has spent much time chatting online.
B. Because she has spent much time doing a part-time job.
C. Because she hasn't got enough time reviewing.
D. Because she has taken too many courses this term.

Exercise B

Directions: You will hear a conversation between two persons. While listening, read the following questions and answer them with the information from the conversation.

1. What is yoga therapy?

2. Who will benefit from it?

3. What illnesses can yoga therapy cure?

4. Can it lead to better health?

5. How can we find a yoga therapist?

VI

Passage

Word Bank

daunt	v.	cause to lose courage or the will to act	使胆怯;使畏缩
personals	n.	self introduction in the newspaper	报纸上有关个人的简讯
means	n.	method; way	方法
formality	n.	an act in accordance with law or custom	正规的手续
screen	v.	examine the suitability	甄别
hang out		spend a lot of time in a place	常去某处;泡在某处

Exercise

Directions: You will hear a passage on meeting people and making friends. Listen carefully and decide whether the following statements are true or false. Use T for true, F for false and NM for not mentioned.

- () 1. Making friends on campus is easy if you have mastered the appropriate methods.
- () 2. Don't try to make friends with people you see in the dining hall.
- () 3. It's a good way to start a conversation with your favorite topic.
- () 4. You can use e-mail to contact your friends.
- () 5. If you want to meet someone, a public place is always the best choice.

VII Dictation

Word Bank

obstacle	n.	something stands in the way	障碍;阻碍
persevere	v.	persist, continue steadily	坚持不懈,不屈不挠
spouse	n.	husband or wife	配偶(夫或妻)
fodder	n.	materials for making a story	(故事的)素材
refreshing	a.	giving new vigor to	令人振奋的,令人高兴的
respondent	n.	a person who answers questions, esp. in a survey	回答问题的人;调查对象
poll	n.	The process of questioning people in order to get information about the general opinion	民意测验;民意调查
commit	v.	to be loyal	忠诚
symptom	n.	a change in your body or mind that shows that you are not healthy	症状
depression	n.	the state of feeling very sad without hope	抑郁;沮丧;消沉

Exercise A

Directions: Listen to a passage on ambitious people and complete the outline given below.

Outline

Topic: Ambitious People

Part I: A general picture of ambitious people

- a. They are the individuals with a high energy level, 1 _____.
- b. They know 2 _____ and will persevere when others quit.

Part II: The negative picture of some ambitious people

- a. They achieve their major purposes 3 _____ their spouse, family and friends.
- b. They make 4 _____ when their ambitions have taken them to places they have never intended to be.
- c. They break laws, harm others or end up as entertainment fodder after achieving success.

Part III: The positive picture of ambitious people

- a. They achieve their goals while 5 _____, and enjoy the fruits of their labor with those they care about.
- b. 41% of the respondents in the poll describe the most ambitious person as being “balanced, focused, and 6 _____.”

Exercise B

Directions: Listen to a passage on stress, and fill in the missing information.

Stress is caused by the body’s instinct to 1 _____ itself. This instinct is good in 2 _____, such as getting out of the way of a speeding car. But it can cause physical 3 _____ if it goes on for too long, such as in response to life’s daily 4 _____ and changes.

Any sort of change can make you feel stressed, even good change. What may be stressful is different for each person. For example, one person may feel delighted by 5 _____ from work, while another may feel stressed. Other things that may be stressful include being laid off from your job, your child leaving or returning home, 6 _____ or marriage, an illness, an injury, a job 7 _____, money problems, moving, or having a baby. Along with such changes you may feel 8 _____, depression, fatigue, headache, or weight gain or loss.

When you’re loaded with enormous stress, try some solutions to relieve it. 9 _____. Besides, work to resolve conflicts with other people. Ask for help from friends, family or professionals. 10 _____. Finally, exercise on a regular basis and eat well-balanced meals and get enough sleep.

I

Sound Discrimination

Directions: Listen, read and enjoy the poem. Pay attention to the intonation.

Spring

Thomas Nashe

Spring, the sweet spring, is the year's pleasant king;
Then bloom each thing, then maids dance in a ring,
Cold doth not sting, the pretty birds do sing,
Cuckoo, jug-jug, pu-we, to-witta-woo!

The palm and may make country house gay,
Lambs frisk and play, the shepherds pipe all day,
And we hear aye birds tune this merry lay,
Cuckoo, jug-jug, pu-we, to-witta-woo!

The fields breathe sweet, the daisies kiss our feet,
Young lovers meet, old wives a-sunning sit,
In every street these tunes our ears do greet,
Cuckoo, jug-jug, pu-we, to-witta-woo!
Spring! The sweet Spring!

II

Numbers

Directions: Listen to the following statements and fill in the blanks with the right numbers.

1. The number of institutions of higher learning in China in _____ came to _____.
2. In 2000, the total number of tourists who came to China was _____, up _____ over 1999.
3. Actually utilized foreign direct investment amounted to _____ US dollars, representing an increase of _____ over the same period of last year.
4. The added value in primary industry was _____ yuan, up _____.

5. The gross industrial and agricultural output value for _____ amounted to _____ yuan, quadrupling the figure for 1985.



Common Knowledge

Directions: Listen carefully and write down the following names of fruits and vegetables in English, then translate them into Chinese.

- | | |
|----------|-----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |
| 7. _____ | 8. _____ |
| 9. _____ | 10. _____ |



Statements

Word Bank

lining	n.	layer of something used to cover the inside surface of something	内衬
pitcher	n.	container for holding liquid	水罐
agitate	v.	disturb, excite	搅乱; 激动
square	v.	put into a shape with straight lines and right angles	抬平(肩膀等)
spectacle	n.	a grand public show	壮观的场景

Exercise A

Directions: First complete the following sentences with the help of the Chinese clues in the brackets. Then listen and compare your answers with the recording.

- He's been _____ ever since Jenny kissed him. (极为幸福)
- Don't be discouraged. There's _____. (黑暗中总有一线光明)
- _____, the scheduled sports meet will be held as planned. (无论阴晴)
- We have a great harvest this year, yet we should _____. (未雨绸缪)
- The local people were quite hospitable and after three pitchers of beer, I was _____. (迷糊了)

Exercise B

Directions: You will hear some statements and short conversations. After each statement or conversation, a question will be asked. After hearing each question, read the four possible answers and choose the best one.

- | | |
|-------------------------------|-------------------------------|
| 1. A. He is an annoyance. | B. He has a pain in the back. |
| C. He plays games on the net. | D. He paints nicely. |

2. A. They applauded it. B. They were angry about it.
 C. They were indifferent to it. D. They were nervous about it.
3. A. She often does something without telling anyone.
 B. She often passes someone without greeting the person.
 C. She is too shy to face others.
 D. She hides herself behind her friends.
4. A. The soldiers stretched their shoulders. B. The soldiers showed their sleeves.
 C. The soldiers stood still. D. The soldiers were restless.
5. A. He asked her to calm down. B. He treated her in an unfriendly manner.
 C. He offered her some cold drink. D. He showed her his cold shoulders.



Situational Dialogues

Word Bank

therapy

n.

curative treatment

治疗

Exercise A

Directions: You will hear a dialogue on balancing time and attitude in life. After the dialogue, some questions will be asked. After hearing each question, read the four possible answers and choose the best one.

1. A. Two. B. Three. C. Four. D. Five.
2. A. To list various roles you play in your life.
 B. To show by percentage how successful you are in fulfilling that role.
 C. To divert time from high percentage areas to low percentage areas.
 D. All of the above.
3. A. It's impossible. B. Of course. C. That depends. D. We don't know.
4. A. To love life. B. To exchange ideas with others.
 C. To avoid extremes and take the middle path. D. To work hard.

Exercise B

Directions: You will hear a conversation between two persons. While listening, read the following questions and answer them with the information from the conversation.

1. How does Jane keep herself in such a fantastic shape?

2. What sports does Jane play?

3. How long does Jane swim every time?

4. What does Jane eat to keep fit?

- C. raising fund for the retirement pension
 D. ensuring a comfortable life after retirement
5. What can be learned about the couple?
- A. They worry too much about their future.
 B. They are very wealthy now.
 C. They are actively involved in planning for their life.
 D. They want to be millionaires.

VII

Dictation

Word Bank

collected	a.	calm, not distracted	镇定的, 泰然自若的
net-surfing	n.	having fun on the internet	网上冲浪
prioritize	v.	decide in what order to do the work, based on how important and urgent they are	确定重点或优先要做的事
delegate	v.	give part of work or duties to someone who is junior	授权, 把……交给
outsource	v.	arrange for work to be done by people outside	外包(业务, 生意)
pinpoint	v.	discover exactly where something is	准确定位, 确定
influential	a.	having a lot of influence on sth. or sb.	有很大影响的
literally	ad.	used to emphasize the truth of sth. that may seem surprising	真正地, 确实地
come to grips with		begin to deal with a problem or situation	开始对付
the land of milk and honey		a place where life is pleasant and easy and people are happy	富饶的乐土

Exercise A

Directions: Listen to a passage on time management skills and complete the outline given below.

Outline

Topic: Time Management Skills

Part I. Necessity of time management skills for small business people

Small business people often find themselves 1 _____ during the course of a single day.

Part II. Three tips for time management

a. Find out where you're wasting time