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## 大学英语 4 级考试

# 听力直通249分

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主 编 丛丽香    副主编 蒋 斌

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# 前言

大学英语四级考试改革的目标是更准确地测试我国在校大学生的英语综合应用能力,尤其是听说能力,以体现社会改革开放对我国大学生英语综合应用能力的要求。

改革之后,听力在四级考试中愈发重要,分值由原先的 20% 提高到 35%。总的来说,新四级对考生的听力提出了更高的要求,逐步向新大纲的“听说并重”靠拢。而即将到来的“机考”时代,必将对听力提出更进一步的要求。

为了帮助广大考生顺利通过四级考试,切实提高“听”的能力,我们特别邀请了全国十余所高校的四级考试辅导专家,群策群力,创新设计,为广大考生推出了这本《大学英语 4 级考试听力直通 249 分》,力求在最短的时间内,最大限度地提高考生的听力水平与应试能力。在内容上,本书严格按照新大纲的要求,覆盖四级听力考试的全部新题型,真正做到“一本在手,备考无忧”。

全书共分两篇:应试策略与实战演练。

**应试策略:**分为语音先行、攻关技巧、训练建议、使用指南四部分。语音先行部分,帮助考生在提高听力的同时,纠正自己的发音问题;攻关技巧部分总结正确的听力学习方法,训练听力技巧,以求事半功倍。按照书中的训练建议结合使用指南,循序渐进,可不断提高自己的听力水平。

**实战演练:**本部分是由众多专家基于历年真题和考试趋势设计的标准练习,帮您精解精析,全面突破听力考试各种题型。所有试题均划线解析,清晰直观,讲解透彻。短对话部分更是采用了连线解析的方式,直观明了地揭示出答案的出处,助您轻松总结解题规律,提高答题正确率。全部 20 套试题的命制同时结合听力语料库海量素材,在效度与信度上与真题相仿,不是真题,胜似真题。

另外,本书录音克服了同类图书语速把握不准确,发音不清晰的缺点,聘请多位外籍专家,严格按照四级真题标准录制而成。多种纯正语音语调,使考生适应考场万变听力,真正做到随场应变!

带着愉悦的心情去享受听力考试吧,阅读完本书,您将发现您已经站在了前所未有的高山之巅,深深呼吸着那成功的气息!

本书需要告诉您的是:提高听力,不需题海战术!精练 20 套足矣!

编者

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## Part One

# 应试策略

正所谓“知己知彼，百战不殆”，在开始练习之前首先要对四级听力的题型、结构有个大概的了解。本部分将从语音、题型、训练建议、使用指南四个方面对四级应试听力给予策略性指导，使您在平时的练习过程中能有的放矢，掌握听力应试技巧，快速提高听力水平。



## 一、语音先行

一提起语音,大家普遍认为只与口语有关,其实不然。单就听力来说,语音基础不扎实一方面会导致对所听内容的理解障碍,另一方面也会对听写、翻译(主要是口译)的准确性有很大的影响。举个简单的例子,中国人在英语发音当中的一大问题就是不圆润、不饱满,最具代表性的就是双元音 /ai/ 经常被发成类似汉语中“哎”的音,如果 prime(主要的,首位的)被念成 /præm/, 就成了 pram(婴儿车),意思就完全变了。而如果听写的时候听到 /praim/, 但由于语音基础不扎实,对英文字母及其组合的发音规律掌握不熟练,就很容易写出一个不伦不类的单词。因此,在日常的英语学习中要注意对语音知识的学习。牢记英语的各种能力都不是彼此独立的而是密切相关的,任何一个细节的疏忽都可能导致英语整体水平的停滞不前。本书的附录部分收录了常考听力场景词汇,供您参考借鉴,提升相应能力。



## 二、题型简介

### 短对话

四级听力考试短对话部分由 8 个简短对话构成,每个对话一般有 2 至 3 句,在男女两人之间进行,长度在 30 词左右,平均语速为 130~150 词/分钟。要求考生能听懂英语国家人士的日常对话,能把握讨论的主题,抓住其中心大意和要点。

通过对历年真题的研究可以发现,短对话测试基本控制在八大场景(校园生活、生活交际、工作商务、医疗健康、饮食娱乐、旅行交通、住房搬家、气候环境)和九种题型(语义理解题、弦外之音题、行动计划题、场景推断题、观点态度题、请求建议题、关键词题、比较题、时间计算题)的范围内。在平时的练习当中,注意对不同场景的常用词语、短句和常涉及的题型进行总结,有助于快速把握短对话的关键内容,有的放矢。

### 长对话

长对话的考查方式类似于短文理解,两篇对话共设 7 个题,每篇字数在 200~300 词之间。其听力材料是短对话的延伸,这就决定了其对话场景与短对话相似,同时还出现了人物采访、座谈类的场景。常考题型包括细节辨认题、原因题、目的意图题、观点态度题、关键词题、综合推断题、主旨大意题、请求建议题。考生平时可注意总结归纳诸如校园、找工作、租房、图书馆等属于四级听力长对话的高频场景。了解了这些常见常考题型,熟知其解题思路及方法,长对话的问题则可迎刃而解。

### 短文理解

四级的短文理解共三篇文章,每篇的平均字数为 250 个词左右。每篇文章后附有

3至4个问题,三篇共10个问题,主要考查考生对短文的整体理解能力。四级中的短文主要以一般的知识、故事、常识为主题,题材分类大致有以下几种:有介绍风俗、文化、历史、音乐、艺术及体育等方面的短文;还有关于社会问题的,例如文化教育、妇女解放、民族问题、环境污染、交通等;还有科普性短文,介绍有关动物、自然界的现象及科学界的试验与研究等;还有故事性短文,介绍某个人生活中有趣的经历等。如果考生具备一定的文化背景知识,对短文理解的答题会有极大的帮助。

### 复合式听写

复合式听写的设题目的是考核考生听的能力、拼写能力、记笔记能力和书面表达能力。复合式听写是听力测试中一个比较难的题型,是对考生语音、词汇量、语法、记笔记和书面表达能力的全面测试。它分为两个部分:第一部分听写单词,第二部分听写短句。其题材也很广泛,体裁以说明文为主,测试的要点突出细节。这就要求考生答题时思维缜密,注意细节,并快速记下要点。对于语音基础较好的考生来说,听写单词部分完全可以采用“所听即所得”的策略进行答题。而短句听写,考生可以用一些较简单的句型或自己的话表达出考核内容的要点,也可以用听到的原话。想要一字不漏地把所听到的几个长句子记下来往往比较困难,因此可根据关键词(key words)的提示来整理,但不能缺少要点。这部分主要是考察考生对所听到的短文整体内容的理解程度,填的时候一定也要注意前后语义和时态的一致。



## 三、训练建议

1. 加强词汇与语音训练:英语四级考试大纲要求掌握的单词量是4795个,对常见词汇要做到发音正确,准确辨别。对常见的英、美国家的人名、地名、常见动词短语、介词短语和固定句型也要熟练掌握。

2. 利用各种语言学习工具,创造听力训练机会:实践证明认真收听、收看国内外各种英语广播、电视节目是提高英语听力水平的有效途径。因为这些节目内容新颖、题材广泛、语言准确、词汇量大,如果坚持收听、收看这类节目,不仅可以提高听力水平,而且可以扩大词汇量、丰富英语背景知识、了解国内外新闻热点等。



## 四、使用指南

我们在第二篇为您提供了二十套标准听力模拟题以及答案解析。在您开始动笔做题之前,我们给您一些听力训练的建议,以帮助您充分利用这二十套题提高听力水平。

1. 要一次性做完一整套听力题,认真体会实考的感觉。

2. 核对答案之后,把做错的题再听一遍,如果还听不明白,就结合解析精听,直到完全明白为止。

3. 坚持每天做一套听力题,坚持做一套就掌握一套题中的考点。

4. 以三天或一周为周期,将做错的题再巩固性地听一遍。

听力水平的提高不是一蹴而就的,需要长期的练习,如果不能长期坚持,练习材料再好,听力水平也很难提高,因此,只要注重学习方法,持之以恒,最终肯定会收获丰硕的果实。

第 2 步: 核对答案。做完听力题后,一定要核对答案。如果答案与自己的答案不一致,要仔细听录音,找出错误的原因。如果答案与自己的答案一致,也要仔细听录音,找出其中的考点。这一步的目的是为了巩固听力题中的考点,提高听力水平。

第 3 步: 坚持每天做一套听力题。坚持每天做一套听力题,可以巩固听力题中的考点,提高听力水平。这一步的目的是为了坚持练习,提高听力水平。

第 4 步: 以三天或一周为周期,将做错的题再巩固性地听一遍。



## Part Two

# 实战演练

本部分为二十套四级标准模拟题及答案解析。制定计划，保质保量地完成这二十套题，实实在在地提高听力成绩。

## MODEL TEST 1

### Section A

**Directions:** In this section, you will hear 8 short conversations and 2 long conversations. At the end of each conversation, one or more questions will be asked about what was said. Both the conversation and the questions will be spoken only once. After each question there will be a pause. During the pause, you must read the four choices marked A), B), C) and D), and decide which is the best answer. Then mark the corresponding letter on **Answer Sheet 2** with a single line through the centre.

- |  |                                       |
|--|---------------------------------------|
| 11. A) He does not like tea.               | B) He agrees with the woman.          |
| C) He does not like the concert.           | D) He wants to have a drink.          |
| 12. A) Buy a new alarm.                    | B) Turn the alarm off.                |
| C) Have enough sleep.                      | D) Put the alarm out of reach.        |
| 13. A) Buy something for the picnic.       | B) Go for a ride around town.         |
| C) Go shopping with the man.               | D) Have a picnic.                     |
| 14. A) Jill has recovered.                 | B) Jill resists practicing.           |
| C) Jill is a weak girl.                    | D) Jill should have a rest.           |
| 15. A) A neighbor.                         | B) A friend.                          |
| C) A professional hairstylist.             | D) The woman herself.                 |
| 16. A) A play.                             | B) A lecture.                         |
| C) A movie.                                | D) A speech.                          |
| 17. A) The woman should not blame herself. |                                       |
| B) The woman did not ruin the surprise.    |                                       |
| C) The woman should deal with it.          |                                       |
| D) The woman should work hard.             |                                       |
| 18. A) The woman has waited three hours.   | B) The woman is worried.              |
| C) The woman is out of job.                | D) The woman has no patience to wait. |

**Questions 19 to 22 are based on the conversation you have just heard.**

- |                                  |                             |
|----------------------------------|-----------------------------|
| 19. A) Customer and salesperson. | B) Passenger and conductor. |
| C) Employer and employee.        | D) Landlord and tenant.     |
| 20. A) She does a great job.     |                             |
| B) She has financial problem.    |                             |
| C) She is working too hard.      |                             |

D) She has to shoulder too much pressure.

21. A) Positive.                      B) Indifferent.                      C) Negative.                      D) Partly approved.  
22. A) 25%                      B) 8%                      C) 18%                      D) 15%

**Questions 23 to 25 are based on the conversation you have just heard.**

23. A) \$8                      B) \$18                      C) \$80                      D) \$10  
24. A) Workplace conflicts.                      B) Law-making.  
C) Workplace accidents.                      D) Life insurance.  
25. A) The charge is unreasonable.  
B) The lack of money-back guarantee.  
C) He does not get a satisfactory service.  
D) He does not get an interview.

## Section B

**Directions:** In this section, you will hear 3 short passages. At the end of each passage, you will hear some questions. Both the passage and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A), B), C) and D). Then mark the corresponding letter on **Answer Sheet 2** with a single line through the centre.

### Passage One

**Questions 26 to 28 are based on the passage you have just heard.**

26. A) Forgiveness and communication.                      B) Faith and courage.  
C) Same habits and good temper.                      D) Loyalty and tolerance.  
27. A) More than 4 years.                      B) Less than 4 years.  
C) More than 5 years.                      D) Less than 5 years.  
28. A) Expectations in the early stage of marriage exert great effects on satisfaction.  
B) People tend to select like-minded partners.  
C) People should find the highest quality partner available.  
D) The study researched 82 couples in total.

### Passage Two

**Questions 29 to 31 are based on the passage you have just heard.**

29. A) People out of work reduce contact with others.  
B) People out of work lose their identity as a worker.  
C) People out of work become less ambitious.  
D) People out of work can not keep in harmony with their family.  
30. A) Jobless is really a depressing situation.  
B) Unemployment can be regarded as a new start.

C) Jobless is a temporary thing.

D) Finding a job is a piece of cake.

31. A) Lack of sleep.

B) Getting impatient.

C) Lack of confidence.

D) Depression and isolation.

### Passage Three

Questions 32 to 35 are based on the passage you have just heard.

32. A) 12%

B) 6%

C) 7%

D) 8%

33. A) They have different personalities.

B) They have different life styles.

C) The reason is not clearly identified.

D) No person has paid attention to it.

34. A) Headaches.

B) Digestive disorder.

C) Chronic pain.

D) Having a temperature.

35. A) Men believe that going to mental health clinic do harm to their lives.

B) Men treat mental illness in a more positive way.

C) Families and friends don't show respect to the mentally-suffered men.

D) Men with mental problems will be excluded of promotion.

## Section C

**Directions:** In this section, you will hear a passage three times. When the passage is read for the first time, you should listen carefully for its general idea. When the passage is read for the second time, you are required to fill in the blanks numbered from 36 to 43 with the exact words you have just heard. For blanks numbered from 44 to 46 you are required to fill in the missing information. For these blanks, you can either use the exact words you have just heard or write down the main points in your own words. Finally, when the passage is read for the third time, you should check what you have written.

No young man starting life could have better capital than plenty of friends. They will strengthen his 36, support him in every great 37 and make him what, unaided, he could never be. Friends of the right 38 will help him more—to be happy and 39—than much money or great 40. Friendship is no 41 affair. There can be no friendship without reciprocity. One cannot receive all and give nothing, and 42 the joy and fullness of true 43.  
44. If you are mean, stingy and selfish, nobody will admire you. You must cultivate generosity and large-heartedness; you must be magnanimous and tolerant; 45. You must believe in yourself. If you do not, others will not believe in you. You must look upward and be hopeful, cheery, and optimistic. 46

## MODEL TEST 2

### Section A

**Directions:** In this section, you will hear 8 short conversations and 2 long conversations. At the end of each conversation, one or more questions will be asked about what was said. Both the conversation and the questions will be spoken only once. After each question there will be a pause. During the pause, you must read the four choices marked A), B), C) and D), and decide which is the best answer. Then mark the corresponding letter on **Answer Sheet 2** with a single line through the centre.

11. A) Buy a new house.  
C) Sold the house.
12. A) She is good at giving people advice.  
C) She should not continue her job.
13. A) Be patient and wait.  
B) Call to check his scores.  
C) Inquire when the test scores are released.  
D) Take the GRE test again in 8 weeks.
14. A) The man is too busy to help the woman.  
B) The woman wants to take a picture of the scene.  
C) The man is not sure how to use the camera.  
D) The woman loves to take pictures.
15. A) Jack tried to take part in the party.  
B) Jack was upset about the party.  
C) Jack didn't come to the party.  
D) Jack's flight was cancelled.
16. A) Be tolerant.  
C) Conceal his true feelings.
17. A) Customs officer.  
C) Professor.
18. A) She can break the dinner appointment.  
B) She is sick and needs a good rest.  
C) She has to join in the appointment.  
D) She can eat at home.
- B) Find a new house right now.  
D) Live with another student.
- B) She is hard-working.  
D) She should not drop out.

Questions 19 to 22 are based on the conversation you have just heard.

19. A) The Holiday Inn. B) The Home Inn.  
C) A friend's home. D) The Holiday Hotel.
20. A) By bus. B) To take a taxi. C) By subway. D) By car.
21. A) 8 hours. B) 7 hours. C) 9 hours. D) 10 hours.
22. A) It is windy but sunny. B) Most of the time it is warm.  
C) It is cold and wet. D) It is hot and humid.

Questions 23 to 25 are based on the conversation you have just heard.

23. A) He has to go to school. B) He has to play tennis.  
C) He has to leave for New York. D) He has to prepare his wedding.
24. A) Learning tennis by taking lessons.  
B) Having dinner together.  
C) Taking part in the wedding together.  
D) Going to a coffee shop and having a chat together.
25. A) Professor and student. B) Classmates.  
C) Fiance and fiancée. D) Colleagues.

## Section B

**Directions:** In this section, you will hear 3 short passages. At the end of each passage, you will hear some questions. Both the passage and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A), B), C) and D). Then mark the corresponding letter on **Answer Sheet 2** with a single line through the centre.

### Passage One

Questions 26 to 28 are based on the passage you have just heard.

26. A) Science and Technology. B) Life and Health.  
C) Entertainment. D) Finance and Business.
27. A) People who exercises no more than half an hour.  
B) Soldiers at high altitude.  
C) People do not exercise and sweat.  
D) Patients in hospital.
28. A) People usually confused about how much water they really need.  
B) "8-a-day" is a right choice for everyone.  
C) The World Health Organization recommends that everyone drinks at least four cups a day.  
D) People's requirement of water is basically the same.