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新四级听力周计划

大学英语四六级考试命题研究组 编著

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PLAN FOR LISTENING COMPREHENSION

第2版

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ENGLISH WEEKLY PLAN SERIES



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“英语周计划系列丛书”是针对我国读者的英语学习特点开发的,以“周”为谋篇布局单位、以“日”为具体实施单元的极具特色的英语辅导用书。具有思维创新、规划科学、目标明确、讲练结合、直击实战等特点。《大学英语新四级听力周计划》是本系列针对 CET4 的一个分册。

新题型考试中,听力部分的分值占 35%,听力水平的高低很大程度上影响着考生考试成绩的好坏。编者依据多年阅卷经验和对各类真题的对比分析,为考生提供了一个完整的 CET4 听力 5 周复习方案。每周学习 6 天,共 30 天。第一至四周每周一个题型:第一周短对话,第二周长对话,第三周短文理解,第四周复合式听力;周一至周六每天一项任务,带你夯实基础、掌握技巧、逐个击破;第五周精心设计了 6 套模拟自测,带你实战中检验自我、巩固提高。5 周的安排,目标明确,科学合理,帮助考生理清复习思路,快速提升听力能力。

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丛书序

“英语周计划系列丛书”的大学英语四级和六级两个系列共8本书自去年问世以来，以其科学的时间安排、精炼的考点讲解、实用的技巧点拨、充足的针对练习、细致的名师点评和贴心的版式编排，赢得了广大读者的好评。同时，各种真诚的建议和中肯的意见也陆续进入作者的脑海。读者提出的建议都非常实用和贴心，让我们真切地体会到了广大读者对本丛书的厚爱，但也加深了心中的那份不安，因为，我们知道，我们肩负着广大读者对我们的期望。

编者深知肩上的这份期望的份量，因此，结合一年来使用本书的考生的反馈，根据第1版面世以后四六级考试出现的各种细微变化，本着精益求精的宗旨，编者对丛书进行了精心的改版，目的是最大限度地满足读者的使用需求，让读者最终能够自信、从容地走进四、六级考场。

相比前一版，第2版主要有以下几个特点：

1. 例题更新、更具实用性

删去了陈旧的例题，换之以最新真题，让考生了解最新的试题形式和难度。尤其是《大学英语新四级听力周计划》和《大学英语新六级听力周计划》两本书的例题，充分听取考生的建议，全部增加了录音，这样，考生能边看讲解边听录音，能更深入地领会书中所讲的知识 and 技巧。

2. 讲解更精、更突出重点

针对考生的弱点和考试的重点，对部分考点进行了更加细致的讲解，并对部分知识的讲解进行了重新编排，方便考生更彻底地掌握重点知识和技巧。考生只要跟着周计划走过3~5周，在阅读中理解，在练习中体会，那么听力、阅读、综合测试、写作各个环节的重点和难点自然便可迎刃而解。

3. 练习更强、更具针对性

对于练习材料中比较陈旧的题目和过时的设题进行了替换，按照最新真题的标准重新选材、设题，以期让考生在有限的的时间里最大限度地熟悉考试的题型和答题的技巧，时刻和考试动态保持同步。

4. 解析更细、更加标准化

不管是书中的例题还是练习，第2版的解析更加细致入微。同时，统一

了解析模式，使考生使用起来更方便、更容易理解并掌握所学知识和技巧。

5. 录音更全、更便于备考

四级和六级的听力增加了所有例题（即真题）的录音后，《大学英语新四级听力周计划》的录音时长达到 420 分钟，《大学英语新六级听力周计划》的录音时长更是达到了 460 分钟。超长的听力训练时间，不仅便于考生对讲解的知识点更深入地了解，而且也能让考生在备考中一直保持足够的量的积累，最终产生质的飞跃。

本丛书在出版前已经多个辅导班学生使用，结果证明，考生如按照本书规划认真复习备考，定能有效提高复习效率，取得更加理想的考试成绩！本丛书是一线辅导教师的倾力之作，凝结了我们的大量心血，辅导精华尽现书中，可谓辅导和图书出版的完美结合。编者衷心希望本丛书能让更多考生受益，如是，将深感欣慰！

编者

2010 年 7 月于中国人民大学

前 言

四六级新题型考试中，听力部分的分值占 35%，听力水平的高低很大程度上影响着考生考试成绩的好坏。如何科学安排复习、切实提高听力水平是所有考生必须面对和思考的迫切问题。

考生的问题

通过总结多年的一线教学经验和对广大考生的问卷调查统计，我们发现，考生听力能力低下、听力分数不高主要有以下几个原因：

一、复习欠缺规划

听力能力的提高不是一蹴而就的，需要科学的规划和安排。但是很多考生的听力复习都是三天打鱼、两天晒网，没有系统、没有计划，导致复习效率低下。

二、基础掌握不牢

听力的场景句式不够熟悉、语法词汇掌握不牢是很多考生提高听力能力的瓶颈，而没有基本的听力基础，做再多的练习，花再多的时间，复习效果都不会明显。

三、技巧运用不当

很多考生以为听力只要多听就可以了，谈不上什么技巧。其实，不同的听力题型有不同的做题技巧。做题时有针对性地使用这些技巧，可以让你的复习事半功倍，更可以让你在考场上从容应对。

四、练习不够充分

纸上谈兵，听力水平是不可能提高的，没有充分的实践练习，所有的技巧都不能发挥作用。多听、多练，才能切实提高听力水平。

我们的对策

我们从听力的题型特点和命题规律出发，针对考生复习中经常遇到的问题，精心编写了这本书。本书内容安排在 5 周进行，每周 6 天，共 30 天。第一至四周每周一个题型，分项训练，各个击破；第五周模拟自测，实战演练，全面提升。

本书具有以下特色：

一、5周时间，科学规划

第一至四周每周一个题型：第一周短对话，第二周长对话，第三周短文理解，第四周复合式听写；周一至周六每天一项任务，带你夯实基础、掌握技巧、各个击破；第五周精心设计了6套模拟测试题，带你实战中检验自我、巩固提高。5周的安排，目标明确、科学合理，帮助考生理清复习思路，快速提升听力能力。

二、典型自测，自我诊断

在进入各题型的具体讲解之前，先给出一套典型的听力试题，并对题目的解题技巧、错误原因给出详尽的点评分析，继而给考生提出合理的复习建议。考生通过模拟自测，可以找出自己的弱点，明确努力方向。

三、考点精炼，讲解到位

针对各种题型，透析考查重点，提炼必备知识，点拨解题技巧，将每个题型涉及的考点、知识、技巧分成若干模块，安排在每一天里进行透彻讲解，各个击破。

四、充分练习，练透练精

每天的讲解都配有专题演练，每周复习结束时都配有各题型完整的模拟题，以检验一周的学习效果，让考生学完一个，练透一个，彻底吃透所学知识。最后还配有6套听力模拟测试题，让考生真正练透、练精。

五、词句提炼，重点突出

每天学习的最后都将练习中出现的重点词句提炼出来，让考生在做练习的同时掌握听力中的重点知识，充分利用练习达到巩固知识、拓展知识的目的。

六、对照解析，直观明了

本书的解析点评采用了分栏对照的方式，让考生清楚直观地明确问题和题眼的对应关系，方便考生复习，提高复习效率。

七、标准语速，专业录音

全书所有例题、练习均配有标准、专业的录音，语速、发音和答题时间与真题均保持一致，为考生模拟真实的考场环境。

编者

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听力导学 >>>

一、听力命题方向

听力理解能力一直是四级考试测试的重点，四级新题型将听力所占比例由原来的 20% 增加到 35%，从目前考试的趋势来看，近几年内听力的比重仍有可能继续加大。因此，对于考生来说，提高听力能力势在必行。

目前的四级考试中听力部分包括四种题型：短对话、长对话、短文理解和复合式听写。各题型的出题形式及所占比例如下：

听力题型	测试形式	数量	比例
短对话	多项选择	8 个对话，8 道题	8%
长对话	多项选择	2 个对话，7 道题	7%
短文理解	多项选择	3 篇短文，10 道题	10%
复合式听写	填空	1 篇短文，8 个单词 填空，3 个句子填空	10%

听力理解部分测试考生获取口头信息的能力。录音材料是用标准的英式或美式英语朗读，语速约为每分钟 130 词。听力一直是四、六级考生的一大难题，随着听力比重的逐渐加大，它越来越成为考生四、六级通关道路上的一只拦路虎。在短期内熟悉听力考点，掌握解题技巧，最终提高听力能力，获得高分，已经越来越成为考生的迫切需要。

然而，正所谓知己知彼，方能百战不殆。光熟悉听力考试不行，考生必须首先弄清楚自己处在一个什么水平上，自己的弱点在哪。这样才能有针对性地训练，达到事半功倍的效果。因此，接下来，我们为考生准备了一套典型的听力试题，并配有详尽的点评和分析，考生可以通过自我测评，了解自己哪方面知识和能力欠缺，哪种技巧没有掌握，为自己准确定位，然后开始有计划地一一提高。

二、典型试题自测

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) She used to be in poor health. B) She was popular among boys.
 C) She was somewhat overweight. D) She didn't do well at high school.
12. A) He quitted teaching in June.
 B) He has left the army recently.
 C) He opened a restaurant near the school.
 D) He has taken over his brother's business.
13. A) He is taking care of his twin brother. B) He has been feeling ill all week.
 C) He is worried about Rod's health. D) He has been in perfect condition.
14. A) She wants to get some sleep.
 B) She needs time to write a paper.
 C) She has a literature class to attend.
 D) She is troubled by her sleep problems.
15. A) Teaching her son by herself. B) Having confidence in her son.
 C) Asking the teacher for extra help. D) Telling her son not to worry.
16. A) The woman possesses a natural talent for art.
 B) Women have a better artistic taste than men.
 C) He isn't good at abstract thinking.
 D) He doesn't like abstract paintings.
17. A) The tickets are more expensive than expected.
 B) The tickets are sold in advance at half price.
 C) It's difficult to buy the tickets on the spot.
 D) It's better to buy the tickets beforehand.
18. A) At the airport. B) In a restaurant.
 C) In a booking office. D) At the hotel reception.

Questions 19 to 21 are based on the conversation you have just heard.

19. A) To go boating on the St. Lawrence River.
 B) To go sightseeing in Quebec Province.
 C) To call on a friend in Quebec City.
 D) To attend a wedding in Montreal.
20. A) Study the map of Quebec Province. B) Find more about Quebec City.
 C) Brush up on her French. D) Learn more about the local customs.
21. A) It's most beautiful in summer.
 B) It has many historical buildings.
 C) It was greatly expanded in the 18th century.
 D) It's the only French-speaking city in Canada.

Questions 22 to 25 are based on the conversation you have just heard.

22. A) The hotel clerk had put his reservation under another name.

- B) The hotel clerk insisted that he didn't make any reservation.
 C) The hotel clerk tried to take advantage of his inexperience.
 D) The hotel clerk couldn't find his reservation for that night.
23. A) A grand wedding was being held in the hotel.
 B) There was a conference going on in the city.
 C) The hotel was undergoing major repairs.
 D) It was a busy season for holiday-makers.
24. A) It was free of charge on weekends.
 B) It had a 15% discount on weekdays.
 C) It was offered to frequent guests only.
 D) It was 10% cheaper than in other hotels.
25. A) Demand compensation from the hotel.
 B) Ask for an additional discount.
 C) Complain to the hotel manager.
 D) Find a cheaper room in another hotel.

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) They strongly believe in family rules.
 B) They are very likely to succeed in life.
 C) They tend to take responsibility for themselves.
 D) They are in the habit of obeying their parents.
27. A) They grow up to be funny and charming.
 B) They often have a poor sense of direction.
 C) They get less attention from their parents.
 D) They tend to be smart and strong-willed.
28. A) They usually don't follow family rules.
 B) They don't like to take chances in their lives.
 C) They are less likely to be successful in life.
 D) They tend to believe in their parent's ideas.

Passage Two

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

29. A) How animals survive harsh conditions in the wild.

- B) How animals alter colors to match their surroundings.
C) How animals protect themselves against predators.
D) How animals learn to disguise themselves effectively.
30. A) Its enormous size.
B) Its plant-like appearance.
C) Its instantaneous response.
D) Its offensive smell.
31. A) It helps improve their safety.
B) It allows them to swim faster.
C) It helps them fight their predators.
D) It allows them to avoid twists and turns.

Passage Three

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

32. A) Rent a grave.
B) Burn the body.
C) Bury the dead near a church.
D) Buy a piece of land for a grave.
33. A) To solve the problem of lack of land.
B) To see whether they have decayed.
C) To follow the Greek religious practice.
D) To move them to a multi-storey graveyard.
34. A) They should be buried lying down.
B) They should be buried standing up.
C) They should be buried after being washed.
D) They should be buried when partially decayed.
35. A) Burning dead bodies to ashes.
B) Storing dead bodies in a remote place.
C) Placing dead bodies in a bone room.
D) Digging up dead bodies after three years.

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.

For Americans, time is money. They say, "You only get so much time in this

life; you'd better use it wisely." The (36) _____ will not be better than the past or present, as Americans are (37) _____ to see things, unless people use their time for constructive activities. Thus, Americans (38) _____ a "well-organized" person, one who has a written list of things to do and a (39) _____ for doing them. The ideal person is punctual and is (40) _____ of other people's time. They do not (41) _____ people's time with conversation or other activity that has no (42) _____ beneficial outcome.

The American attitude toward time is not (43) _____ shared by others, especially non-Europeans. They are more likely to regard time as (44) _____ . One of the more difficult things many students must adjust to in the States is the notion that time must be saved whenever possible and used wisely every day.

In this context (45) _____. McDonald's, KFC, and other fast food establishments are successful in a country where many people want to spend the least amount of time preparing and eating meals. As McDonald's restaurants (46) _____, bringing not just hamburgers but an emphasis on speed, efficiency, and shiny cleanliness.

三、答案及点评

11.

选项	原文
A) She used to be in poor health.	W: I ran into Sally the other day. I could hardly recognize her. Do you remember her from high school?
B) She was popular among boys.	
C) <u>She was somewhat overweight.</u>	M: Yeah, <u>she was a little out of shape back then. Well, has she lost a lot of weight?</u>
D) She didn't do well at high school.	Q: What does the man remember of Sally?

听前读题: 选项中的主语都为 she, 且都是过去时, 由此可知, 对话应该与 she 过去的情况有关, 选项中的 health, overweight 表明, 对话很可能与 she 过去的身体或体形有关。

答案解析: 选 C。女士问男士还记不记得 Sally 高中时候什么样子, 男士说当时 Sally 身材不太好 (out of shape), 并接着问女士 Sally 是不是瘦了很多 (lost a lot of weight)。由此可知, 男士记得 Sally 原来有点胖 (overweight)。

错误原因: 不熟悉短语 out of shape, 将其理解成“身体健康状况不好”, 错选 A; 没有捕捉到关键短语 lose... weight。