

英语专业四级考试辅导用书

新题型

# 42天攻克 专四 TEM4

## 听力篇 (10天)



赠 51TALK (无忧英语)

—— 外教口语自测课程



中国出版集团



世界图书出版公司



未来教育教学与研究中心/主编

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# 前言

## Preface

2015年8月,外语专业教学测试专家委员会对英语专业四级考试(以下简称“专四考试”)的试卷结构和测试题型作了局部调整。新题型听力由两部分组成:听写和听力理解。其中,听写部分变化如下:将短文字数由原来的约150个单词改为80-90个单词,考试时间由原来的15分钟改为10分钟。听力理解变化较大,分两节,Section A 讲座和 Section B 会话:讲座是新大纲新增题型,该部分由一个约500个单词的微型讲座和一项填空任务组成,共10道填空题;会话由原来的3个200词左右的对话变成2个450词左右的会话,每篇后面有5道选择题。专四考试题型调整后,未来教育教学与研究中心第一时间联合来自上海外国语大学、北京外国语大学等国内著名高校的专四考试命题研究人员,精心编写了本书,旨在帮助考生尽快适应新大纲的难度要求,熟悉命题特点和趋势。

本书根据专四考试调整后的听力部分的大纲进行编写。对各题型的大纲要求、改革要点、答题技巧、真题进行了详细分析,旨在帮助考生把握命题方向,透析命题特点。此外,本书题量充足,题材广泛,全书包括听写30篇,讲座150题,会话150题,实战演练16套。所有试题均根据新大纲命制而成,预测性强。

与同类书籍相比,本书具有以下特色:

### 1. 以时间为基点,科学规划,逐天突破

本书复习规划为10天,每天目标明确,帮助考生逐步提升,快速攻克专四听力。这种科学合理的安排,能让考生在有限的时间内针对性备考,增强信心。

### 2. 剖析真题,把握规律

本书以新考纲为依据,真题为素材,通过提炼和剖析真题中听力题的重点和考点,让考生把握命题规律,有针对性地进行强化练习,少走弯路。

### 3. 先讲后练,学以致用

本书以“天”谋篇布局,题型讲解的第一天、第三天、第五天给出了“大纲解读”“答题技巧”以及“真题演练”;其后给出了大量专项训练及套题供考生练习。

### 4. 真题同源,选材与考纲一致

本书听力选材与真题同源,均选自核心网站及VOA, BBC, CNN等英语国家媒体网站,选材的长度、难度与新考纲一致。

### 5. 扫描二维码,听力随时听

本书听力音频均配有二维码,扫描即可随时收听下载。同时,听力音频也可登陆百度网盘下

载。(链接: <http://pan.baidu.com/s/1hsBd7nQ> 密码: kv2a)

#### 6. 赠送同步刷题刷分题库

本书还免费赠送专四考试刷题刷分在线题库,方便考生有效利用碎片化时间进行备考练习。

#### 7. 提供 24 小时互动平台

购买本书的考生,均可以关注未来教育外语微信公众号(未来英语说)。老师在线为考生免费答疑解惑,给考生提供一个良好的学习平台。

未来教育教学与研究中心的老师们精益求精,但由于时间有限,书中难免有错漏和不足之处,恳请广大读者批评指正。

最后,预祝所有备考专四的考生都能取得理想的成绩!

未来教育教学与研究中心

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# DAY 1

## 听写新大纲解读及答题技巧

### 1.1 大纲解读

自 1990 年第一次实行英语专业四级考试以来,听写就一直是一项重要的测试项目。2016 年,外语专业教学测试专家委员会对测试题型做了局部调整,其中的听写部分也做了一些调整。新大纲重申了听写这项综合能力的重要性,并将其列为英语专业四级考试中不可或缺的一部分。

#### (1) 测试要求

- (a) 能在全面理解内容的基础上逐字逐句写出所听材料。
- (b) 考试时间 10 分钟。

#### (2) 测试形式

本部分采用作答形式。所听材料共念四遍,第一遍用正常语速朗读,录音语速为每分钟 120 个单词,让学生听懂材料大意。第二、三遍朗读时意群、分句和句子之间留出约 15 秒的空隙,让学生书写。第四遍再用正常语速朗读,让学生检查。

#### (3) 测试目的

测试学生听力理解能力,拼写熟练程度以及正确运用标点符号的能力。

#### (4) 选材原则

- (a) 题材广泛,以学生日常校园和社会生活话题为主。
- (b) 听写材料难度略低于中等程度。
- (c) 听写材料长度约 80 ~90 个单词。

#### (5) 新大纲改革要点

- (a) 将短文字数由原来的约 150 个单词改为 80 ~90 个单词。
- (b) 考试时间由原来的 15 分钟改为 10 分钟。

### 1.2 答题技巧

#### 一、抓住文章大意和结构

第一遍的主要目的是把握文章的大意和结构,抓住其关键词,为后面的听写做准备。切忌一开始就埋头记笔记,从而错过了从整体上把握文章内容的机会,对文章的印象也是支离破碎。专四听写第一遍放音是连贯的,并未给考生留出书写时间,其目的就是要考生听懂文章大意,熟悉文章发展脉络,为之后的精听打基础。同时,在第一遍听力时,考生对于文章大致的断句要心里有数,



因为第二、三遍的时候并不是按照整句来断句的。

## 二、抓意群,写整句

第二遍和第三遍录音是以意群为单位停顿和重复的,因此听音时要以意群为单位去理解。听第二遍时,要分清主次信息,抓句型和关键词(主语、谓语等);听第三遍时,再把其他修饰语、定冠词等遗漏内容补上。在书写过程中,考生需要注意以下几点:

首先,书写要工整,注意断句。一张干净整齐的试卷,无疑会激发阅卷人员仔细审阅的兴趣,从而避免由于书写潦草而造成丢分的情况。此外,标点符号及字母大小写错误是考生在听写测试中常犯的错误。由于定位句不会念出标点,需要考生自己根据内容进行判断。在断句方面,可以结合上下文意思及句子结构来判断哪个意群是一个独立的句子,哪个意群只是句子的一部分。

其次,运用语法知识的积累为自己“校对”。在动笔书写句子时,考生往往跟着感觉走,听见什么写什么,而不能很好地运用语法知识来对书写内容进行审核。结果常出现名词单复数、动词时态等方面的错误,更有甚者整篇语句都不连贯。为避免这种情况发生,考生在写完每一句后,站在校对人员的立场上对自己书写的内容进行“纠错”即可。有了这一意识,考生便能时刻警惕并自我修正语法错误,从而做到精益求精。

最后,学会使用简写和标记。若有些词还来不及写,考生可以先用一些自己认识的缩略形式、甚至符号先代替。这样在一定程度上可以加快书写速度,并且能够更好地记录瞬间记忆的内容,避免遗忘。

## 三、核对全文,查漏补缺

听写定位句在播放第四遍时恢复原速,不再有停顿,旨在再次加强考生对全文的整体理解。这一遍的目的就是查漏补缺。补全第二、三遍没能写下的部分,同时检查容易写错的地方,如名词的单、复数,动词的时态,介词和冠词等。

## 四、充分利用一分钟的检查时间

在听写全部结束后,考生应对自己的听写篇章进行检查和修改,再次检查标点、语法、句子结构及拼写错误,是一个全面修正的过程。经过这一过程的完善,考生书写内容的准确率会更上一层楼。

# 1.3 真题演练

PART 1

DICTION

[10 MIN]

Listen to the following passage. Altogether the passage will be read to you four times. During the first reading, which will be done at normal speed, listen and try to understand the meaning. For the second and third readings, the passage will be read sentence by sentence, or phrase by phrase, with intervals of 15 seconds. The last reading will be done at normal speed again and during this time you should check your work. You will then be given ONE minute to check through your work once more.



Please write the whole passage on ANSWER SHEET ONE.



## 【听力原文】

**Think Positive and Feel Positive**

Are you confident or insecure in a difficult situation? / Do you react positively or negatively? / The answer may depend in part on whom you're around. / A study found that negative thinking can be contagious in some cases. / For example, the researchers studied 103 college roommates. / They measured each roommate's tendency towards negative thinking. / It was found that thinking patterns can be contagious. / Students with a negative-thinking roommate became more depressed themselves. / And students with more positive-thinking roommates / were more likely to become more positive as well.

## 【闪光词汇】

*insecure* *adj.* 不稳定的, 不牢靠的

*contagious* *adj.* 有传染性的, 有感染力的

*depressed* *adj.* 沮丧的

*negatively* *adv.* 消极地

*tendency* *n.* 倾向

*positive* *adj.* 积极的

DAY 2

听写30篇

Passage 1



Listen to the following passage. Altogether the passage will be read to you four times. During the first reading, which will be done at normal speed, listen and try to understand the meaning. For the second and third readings, the passage will be read sentence by sentence, or phrase by phrase, with intervals of 15 seconds. The last reading will be done at normal speed again and during this time you should check your work. You will then be given ONE minute to check through your work once more.

Please write the whole passage on **ANSWER SHEET ONE**.

Passage 2



Listen to the following passage. Altogether the passage will be read to you four times. During the first reading, which will be done at normal speed, listen and try to understand the meaning. For the second and third readings, the passage will be read sentence by sentence, or phrase by phrase, with intervals of 15 seconds. The last reading will be done at normal speed again and during this time you should check your work. You will then be given ONE minute to check through your work once more.

Please write the whole passage on **ANSWER SHEET ONE**.



## Passage 3



Listen to the following passage. Altogether the passage will be read to you four times. During the first reading, which will be done at normal speed, listen and try to understand the meaning. For the second and third readings, the passage will be read sentence by sentence, or phrase by phrase, with intervals of 15 seconds. The last reading will be done at normal speed again and during this time you should check your work. You will then be given ONE minute to check through your work once more.

Please write the whole passage on **ANSWER SHEET ONE**.

## Passage 4



Listen to the following passage. Altogether the passage will be read to you four times. During the first reading, which will be done at normal speed, listen and try to understand the meaning. For the second and third readings, the passage will be read sentence by sentence, or phrase by phrase, with intervals of 15 seconds. The last reading will be done at normal speed again and during this time you should check your work. You will then be given ONE minute to check through your work once more.

Please write the whole passage on **ANSWER SHEET ONE**.

## Passage 5



Listen to the following passage. Altogether the passage will be read to you four times. During the first reading, which will be done at normal speed, listen and try to understand the meaning. For the second and third readings, the passage will be read sentence by sentence, or phrase by phrase, with intervals of 15 seconds. The last reading will be done at normal speed again and during this time you should check your work. You will then be given ONE minute to check through your work once more.

Please write the whole passage on **ANSWER SHEET ONE**.

Passage 6



Listen to the following passage. Altogether the passage will be read to you four times. During the first reading, which will be done at normal speed, listen and try to understand the meaning. For the second and third readings, the passage will be read sentence by sentence, or phrase by phrase, with intervals of 15 seconds. The last reading will be done at normal speed again and during this time you should check your work. You will then be given ONE minute to check through your work once more.

Please write the whole passage on **ANSWER SHEET ONE**.

Passage 7



Listen to the following passage. Altogether the passage will be read to you four times. During the first reading, which will be done at normal speed, listen and try to understand the meaning. For the second and third readings, the passage will be read sentence by sentence, or phrase by phrase, with intervals of 15 seconds. The last reading will be done at normal speed again and during this time you should check your work. You will then be given ONE minute to check through your work once more.

Please write the whole passage on **ANSWER SHEET ONE**.

Passage 8



Listen to the following passage. Altogether the passage will be read to you four times. During the first reading, which will be done at normal speed, listen and try to understand the meaning. For the second and third readings, the passage will be read sentence by sentence, or phrase by phrase, with intervals of 15 seconds. The last reading will be done at normal speed again and during this time you should check your work. You will then be given ONE minute to check through your work once more.

Please write the whole passage on **ANSWER SHEET ONE**.

## Passage 9



Listen to the following passage. Altogether the passage will be read to you four times. During the first reading, which will be done at normal speed, listen and try to understand the meaning. For the second and third readings, the passage will be read sentence by sentence, or phrase by phrase, with intervals of 15 seconds. The last reading will be done at normal speed again and during this time you should check your work. You will then be given ONE minute to check through your work once more.

Please write the whole passage on **ANSWER SHEET ONE**.

## Passage 10



Listen to the following passage. Altogether the passage will be read to you four times. During the first reading, which will be done at normal speed, listen and try to understand the meaning. For the second and third readings, the passage will be read sentence by sentence, or phrase by phrase, with intervals of 15 seconds. The last reading will be done at normal speed again and during this time you should check your work. You will then be given ONE minute to check through your work once more.

Please write the whole passage on **ANSWER SHEET ONE**.

## Passage 11



Listen to the following passage. Altogether the passage will be read to you four times. During the first reading, which will be done at normal speed, listen and try to understand the meaning. For the second and third readings, the passage will be read sentence by sentence, or phrase by phrase, with intervals of 15 seconds. The last reading will be done at normal speed again and during this time you should check your work. You will then be given ONE minute to check through your work once more.

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Passage 12



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Passage 13



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Passage 14



Listen to the following passage. Altogether the passage will be read to you four times. During the first reading, which will be done at normal speed, listen and try to understand the meaning. For the second and third readings, the passage will be read sentence by sentence, or phrase by phrase, with intervals of 15 seconds. The last reading will be done at normal speed again and during this time you should check your work. You will then be given ONE minute to check through your work once more.

Please write the whole passage on **ANSWER SHEET ONE**.



## Passage 15



Listen to the following passage. Altogether the passage will be read to you four times. During the first reading, which will be done at normal speed, listen and try to understand the meaning. For the second and third readings, the passage will be read sentence by sentence, or phrase by phrase, with intervals of 15 seconds. The last reading will be done at normal speed again and during this time you should check your work. You will then be given ONE minute to check through your work once more.

Please write the whole passage on **ANSWER SHEET ONE**.

## Passage 16



Listen to the following passage. Altogether the passage will be read to you four times. During the first reading, which will be done at normal speed, listen and try to understand the meaning. For the second and third readings, the passage will be read sentence by sentence, or phrase by phrase, with intervals of 15 seconds. The last reading will be done at normal speed again and during this time you should check your work. You will then be given ONE minute to check through your work once more.

Please write the whole passage on **ANSWER SHEET ONE**.

## Passage 17



Listen to the following passage. Altogether the passage will be read to you four times. During the first reading, which will be done at normal speed, listen and try to understand the meaning. For the second and third readings, the passage will be read sentence by sentence, or phrase by phrase, with intervals of 15 seconds. The last reading will be done at normal speed again and during this time you should check your work. You will then be given ONE minute to check through your work once more.

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Passage 18



Listen to the following passage. Altogether the passage will be read to you four times. During the first reading, which will be done at normal speed, listen and try to understand the meaning. For the second and third readings, the passage will be read sentence by sentence, or phrase by phrase, with intervals of 15 seconds. The last reading will be done at normal speed again and during this time you should check your work. You will then be given ONE minute to check through your work once more.

Please write the whole passage on **ANSWER SHEET ONE**.

Passage 19



Listen to the following passage. Altogether the passage will be read to you four times. During the first reading, which will be done at normal speed, listen and try to understand the meaning. For the second and third readings, the passage will be read sentence by sentence, or phrase by phrase, with intervals of 15 seconds. The last reading will be done at normal speed again and during this time you should check your work. You will then be given ONE minute to check through your work once more.

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Passage 20



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Please write the whole passage on **ANSWER SHEET ONE**.