

新新大学英语测试系列教程

# 大学英语 新四级

模拟与指导

龚 嵘◎主 编



复旦大学出版社

COLLEGE ENGLISH

21st Century

# 大学英语新四级模拟与指导

龚 嵘 主编

復旦大學 出版社

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# 《大学英语新四级模拟与指导》

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# 前 言

大学英语四、六级题型在 2013 年 12 月再次调整,试卷结构、测试内容、测试题型、分值比例和考试时间是:

试卷结构	测试内容		测试题型	分值比例	考试时间
写    作	写    作		短文写作	15%	30 分钟
听力理解	听力对话	短对话	多项选择	8%	30 分钟
		长对话	多项选择	7%	
	听力短文	短文理解	多项选择	10%	
		短文听写	单词及词组听写	10%	
阅读理解	词汇理解		选词填空	5%	40 分钟
	长篇阅读		匹    配	10%	
	仔细阅读		多项选择	20%	
翻    译	汉译英		段落翻译	15%	30 分钟
总    计				100%	130 分钟

最新题型调整主要在以下几个方面。

## 1. 单词及词组听写

原复合式听写调整为单词及词组听写,短文长度及难度不变。要求考生在听懂短文的基础上,用所听到的原文填写空缺的单词或词组,共 10 题。短文播放三遍。

## 2. 长篇阅读

原快速阅读理解调整为长篇阅读理解,篇章长度和难度不变。篇章后附有 10 个句子,每句一题。每句所含的信息出自篇章的某一段落,要求考生找出与每句所含信息相匹配的段落。有的段落可能对应两题,有的段落可能不对应任何一题。

## 3. 翻译

原单句汉译英调整为段落汉译英。翻译内容涉及中国的历史、文化、经济、社会发展等。四级长度为 140 ~ 160 个汉字;六级长度为 180 ~ 200 个汉字。

测试题型的变化必然导致应考学习方式的变化,原来大家熟悉的套路与应试技巧不一

定适用了。这里特别提示考生注意：新四级不再考“词汇选择、完形填空”题型了，但这并不意味着不用背单词了。恰恰相反，由于长篇阅读 900 ~ 1 200 字的大容量语篇，所测试的词汇广度大大增加。考生们需要更加卖力地背单词，尤其扩大识别性词汇量。此外，考生的听力词汇量也必须增加，平时还需加大泛听量。

本书分上、下两大篇章：上篇提供各类题型培训技巧讲解，下篇根据四六级考试委员会 8 月 14 日颁布的最新题型样卷，设置 10 套模拟卷，模拟题中的长篇阅读文章均选自 *Reader's Digest*, *Times* 等近期原版杂志，内容新颖，旨在帮助考生实战演练，步步为赢！

本书编写过程中得到龚飏、龙娅、李昱茹、陆红菊、李四清、李珊、赵晨、徐丹丹、张校勤、张洋洋、康小燕、李太泽等多位老师的帮助与支持，在此表示特别感谢。

编 者  
2014 年 2 月

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# 应试技巧和捷径训练





# 第一章 写 作

新四级考试写作部分要求考生 30 分钟内完成一篇 120 ~ 180 词的短文。

分 值: 15 分

作文题材: 以议论文为主。

题目形式: 带中文提示的三段式作文为主, 少量漫画解读作文、图表作文。

作文内容: 多与大学生学习、生活相关, 也涉及一些社会、环保方面的热门话题。

## • 应试技巧点津

四、六级虽已改为 710 分制, 作文评卷仍以 15 分为满分, 分为 14 分、11 分、8 分、5 分、2 分共 5 个评分档。阅卷教师根据作文总体印象(global impression)确定作文分档, 适当上下浮动 1、2 分。阅卷老师对各分档的作文总体印象可概括如下:

14 分作文准确地道、可圈可点;

11 分作文清清爽爽、语病较少;

8 分作文马马虎虎、语病不少;

5 分作文糊里糊涂、错误低级;

2 分作文一塌糊涂、惨不忍睹。

高分作文并非遥不可及, 考生在充分发挥原有语言水平的基础上, 还要把握评分要点与阅卷心态, 以下 9 点建议争取做到 6 点就大功告成:

1. 尽量减少语法错误。洋教师看重文章内容创意, 而本土教师注重语言的准确性, 最不能容忍“*There's car runs fast*”之类的低级语法错误。
2. 全文呈三段式结构——首尾简洁, 中间翔实, 主次分明, 开门见山。
3. 中间段落要有层次感。用简单句形式表达主题句, 主题句下含两个或三个分论点句, 每个分论点通过举例或数据加以支撑, 例子、数据可以灵活瞎编, 只要说明问题。

段落结构示例:

### Harmful Plastic Bags

主题句: Overusing plastic bags brings about **environmental hazards**. (核心词)

次主题句-1: Nicknamed “white pollution” in China, discarded plastic bags litter our cities, spoiling the beauty of living surroundings. (视觉污染)

次主题句-2: Besides, plastic bags are a waste of resources in that we use them once and throw them away. (浪费)

次主题句-3: Finally, most plastic bags may hang around for decades, decomposing very

slowly. As a result, rivers are choked, drains are blocked and soil is poisoned as well. (潜在危害)

4. 适当使用 besides, first, as a result 等连词、代词,突出上下文连贯性。
5. 适当使用设问句、倒装句、强调句、被动句、非谓语结构,突出句型多样性。
6. 尽量多用 go over, for the time being... 等动词词组与固定搭配,行文更显地道。
7. 避免反复使用 important, good, useful 等词,否则词汇贫乏的弱点暴露无遗。
8. 有意识用点深奥大词,显得你挺有水平,但没有把握不要乱用,以免弄巧成拙。
9. 注意字迹清晰、卷面整洁。你的作文扫描进入电脑,电脑视频阅卷眼睛十分辛苦,千万不要再以草书、小楷、墨团影响老师心情!

## • 训练方案优化

只要掌握 500 个高频词汇与 15 个常用句型并能应用自如,写出 120 词像样的文章并非难事。所以,考前与其死背范文,不如积累好词好句,以不变应万变。那么,到底哪些词是最高频的必须学会活用?下面为你提供的就是这些常用词句的翻译练习——该练习既能帮助你检测自己作文中的常见语法错误,也能帮你记忆好词好句一进考场活学活用。此外,还能助你应对四级新题汉译英,可谓一箭双雕。

每天翻译 5~10 句,千万别偷懒!

## I. 高频动词与动词词组

动词是句子的灵魂,一句话,动词搞定了,名词出点小错,问题也不大。

### \* 动词词组翻译 \*

1. Our company \_\_\_\_\_ with four computers. 我们公司靠四台电脑应付着运作。
2. Her inability to \_\_\_\_\_ her perfect expectations \_\_\_\_\_ bouts of depression. 她由于无法实现自己完美的期望,情绪经常很低落。
3. He \_\_\_\_\_ get a job. 他迫不及待要找份工作。
4. We \_\_\_\_\_ a lively argument over which team had played better. 我们就哪个队打得更好发生热烈争论。
5. I quickly \_\_\_\_\_ what all the excitement was about. 我很快搞清楚了激动的原因。
6. There is no point watching a game that might \_\_\_\_\_ a 0-0 draw.  
观看一场 0 比 0 结局的比赛毫无意思。
7. It is in overcoming hardships that we \_\_\_\_\_ the value of life. 我们正是在克服困难中懂得了生命的价值。
8. To prepare for CET-4, I \_\_\_\_\_ memorizing 30 words a day. 为备考四级,我坚持每天记 30 个单词。
9. Not everyone knows what failure \_\_\_\_\_. 并非人人都知道失败的滋味。
10. Small property owners \_\_\_\_\_ paying back loans. 小业主还贷款难上加难。
11. The computer has \_\_\_\_\_ great changes in the way we communicate. 电脑大大改变了我

们的交流方式。

12. He \_\_\_\_\_ / \_\_\_\_\_ an efficient manager. 他在众人眼里是名能干的经理。
13. Our future is closely \_\_\_\_\_ the fate of the nation. 我们的未来与国家的命运密切相连。
14. I was \_\_\_\_\_ a new career. 我将开始新的事业。
15. Environmental preservation should \_\_\_\_\_ economic growth. 优先考虑的应是环保,而非经济发展。
16. Their opposition to global economy \_\_\_\_\_ a narrow-minded nationalism. 他们反对全球一体化经济源于狭隘的民族主义。
17. Many elderly people \_\_\_\_\_ stay independent. 许多老年人都尽量不依赖他人。

**Key:**

- |                        |                                 |
|------------------------|---------------------------------|
| 1. managed to get by   | 2. fulfill, leads to/results in |
| 3. is dying to         | 4. got into                     |
| 5. figured out         | 6. end up in                    |
| 7. come to appreciate  | 8. make a point of              |
| 9. what it feels like  | 10. have a harder time          |
| 11. brought about      | 12. came across as/passed for   |
| 13. bound up with      | 14. embarking on                |
| 15. take priority over | 16. results from/stems from     |
| 17. strive to          |                                 |

**\* 动词翻译 \***

1. feel \_\_\_\_\_ the beauty of the place 美不胜收  
feel \_\_\_\_\_ sorrow/despair/life's burden 悲痛欲绝/绝望之极/不堪重负
2. \_\_\_\_\_ /hard evidence 令人信服的/确凿的证据  
I'm firmly \_\_\_\_\_ that ... 我坚信……
3. \_\_\_\_\_ reading newspaper \_\_\_\_\_ talking to his family 宁愿看报也不喜欢和家人聊天
4. Soccer helped us \_\_\_\_\_ closer and \_\_\_\_\_ / \_\_\_\_\_ a stronger relationship. 足球使我们日益亲密,培养了牢固的友情。
5. I watched the game, becoming more and more \_\_\_\_\_. 越来越投入了  
\_\_\_\_\_ knowledge/calcium; be \_\_\_\_\_ in
6. lead to \_\_\_\_\_ unemployment 导致失业上涨  
A loud roar \_\_\_\_\_ the crowd. 人群中传来一阵喧闹。
7. He was \_\_\_\_\_. 他是个聪明孩子。  
I found \_\_\_\_\_. 我觉得他这人很难理解。  
Mary \_\_\_\_\_ at home. 玛丽独自一人在家。
8. Our society benefits as fewer of its people \_\_\_\_\_.  
天才遭受压抑,才华被浪费的人使我们的社会获益减少。

- You can call the police \_\_\_\_\_. 你可以报警把我抓起来。
- You have \_\_\_\_\_. 这只能怪你自己。
9. Let me \_\_\_\_\_ the dishes/cooking/reading/the talking. 让我来洗碗/做饭/读书/让我说。
- It \_\_\_\_\_. 准备六级考试的确需要一年时间。
10. His book \_\_\_\_\_ on the *New York Times* bestseller list.  
他的大作荣登《纽约时报》畅销书排行榜,长达 22 周。
11. \_\_\_\_\_ information 获取信息
12. The disaster \_\_\_\_\_, and the island was cut off from the world. 灾难发生了。  
It \_\_\_\_\_ that ... 令我觉得奇怪的是……
13. The letter \_\_\_\_\_. 信没到。  
I \_\_\_\_\_ him the truth. 我没告诉他真相。
14. You can \_\_\_\_\_ me. 尽管相信我好了。  
It's not what you say but what you do \_\_\_\_\_. 重要的是你所做的而非嘴上说的。  
What is beautiful is good. Looks \_\_\_\_\_. 外表确实要紧。
15. Don't \_\_\_\_\_. 别装傻。  
He didn't \_\_\_\_\_. 他一反常态。  
\_\_\_\_\_ the doctor's advice 听医生的
16. He \_\_\_\_\_ with great determination. 他勇敢面对挑战。  
\_\_\_\_\_ difficulties 面临困难
17. \_\_\_\_\_ the maturity of a 10-year-old to begin to find any humor in sarcasm or irony.  
要理解反语中的幽默需要 10 岁以上儿童的智力。  
Do you have \_\_\_\_\_? 你有成功的要素吗?  
Support can \_\_\_\_\_ — from real friends to virtual pals you meet online.  
支持的形式很多,包括从真正的朋友到你网上遇到的虚拟朋友。
18. There are \_\_\_\_\_ 存在……等多种弊病。
19. \_\_\_\_\_ the classroom activities 积极参与课堂活动  
My failure \_\_\_\_\_ in addition to bad luck.  
除了运气不好,我的失败还存在许多因素。

**Key:**

1. overwhelmed by, overwhelmed with
2. conniving, convinced
3. prefer ... to
4. get, cultivating/fostering
5. absorbed; absorb; absorbed
6. rising; rose from
7. found to be; him difficult to understand; was found alone
8. have their genius suppressed or their talents wasted; have me arrested; yourself to blame
9. do; does take a year to prepare for CET-6

10. spent 22 weeks
11. access/have access to
12. struck; struck me strange
13. failed to come; failed to tell
14. count on; that counts; do count
15. act silly; act his usual self; act on
16. confronts the challenge; be confronted with
17. It takes; what it takes to succeed; take many forms
18. a number of shortcomings ranging from ... to ...
19. get involved in; involved a variety of factors

## II. 习惯搭配

你的文章若能出现一两个固定搭配,必将吸引老师眼球,成为挣分的“闪光点”。

### \* 习惯搭配翻译 \*

1. an \_\_\_\_\_ / \_\_\_\_\_ example of courage in an ordinary man 普通人勇气的杰出典范
2. a \_\_\_\_\_ array of entertainment/books 令人眼花缭乱的各种娱乐/书籍
3. His \_\_\_\_\_ fears were rapidly materializing. 他最害怕的事情还是发生了。
4. \_\_\_\_\_ change 巨大变化
5. The courage he \_\_\_\_\_ was truly remarkable. 他表现出来的勇气真了不起。
6. fulfill one's \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ 实现期望/梦想/兑现诺言  
 \_\_\_\_\_ one's duty/the contract/oneself 履行职责/合同/自我实现
7. \_\_\_\_\_ an error/murder/suicide/a crime 犯错/谋杀/自杀/犯罪
8. \_\_\_\_\_ one's experience/knowledge 丰富经历/知识
9. \_\_\_\_\_ great influence/pressure/one's right 施加影响/压力/行使权力
10. \_\_\_\_\_ no time and effort to do sth. 不遗余力
11. \_\_\_\_\_ one's chances/reputation 创造机会/提高声誉  
 \_\_\_\_\_ profits/spirits/confidence 提高利润/提倡兴致/增强自信
12. \_\_\_\_\_ one's opinion 表达意见  
 His music \_\_\_\_\_ a sense of optimism. 他的音乐体现了乐观的精神。
13. \_\_\_\_\_ attention/praise/to be punished 需要关注/值得表扬/应受惩罚
14. \_\_\_\_\_ a survey/business/experiment 进行调查/做生意/做实验
15. \_\_\_\_\_ great losses 招致重大损失
16. \_\_\_\_\_ opportunity 珍惜机会
17. \_\_\_\_\_ weight/reputation/one's affection 长胖/出名/赢得喜爱
18. \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ the problem 解决/加剧/缓解问题  
 Cutting down trees to grow crop is but a \_\_\_\_\_ the problem. 伐木种粮只能暂时缓解问题。

19. \_\_\_\_\_ / \_\_\_\_\_ benefits/future dividends 获益  
 20. \_\_\_\_\_ / \_\_\_\_\_ economic development 妨碍/促进经济发展  
 21. need ... \_\_\_\_\_ 迫切需要……  
 22. A thing of the \_\_\_\_\_ (这事)一去不复返了  
 A man of \_\_\_\_\_ (a doer rather than a talker) 实干家  
 A man of \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ 有个性的人/寡言少语者/有原则的人

**Key:**

- |                        |   |
|------------------------|---|
| 1. outstanding/typical | 2. dizzying                                     |
| 3. worst               | 4. dramatic                                     |
| 5. displayed           | 6. expectations/dream/promise; fulfill          |
| 7. commit              | 8. enrich                                       |
| 9. exert               | 10. spare                                       |
| 11. enhance; boost     | 12. voice; conveys                              |
| 13. deserve            | 14. conduct                                     |
| 15. incur              | 16. cherish                                     |
| 17. gain               | 18. solve/aggravate/relieve; relief to          |
| 19. gain/reap          | 20. block/promote                               |
| 21. desperately        | 22. past; action; character/few words/principle |

### III. 常用句型

**\* 句型翻译 \***

1. What ... 结构

- (1) I didn't believe him. \_\_\_\_\_  
 \_\_\_\_\_. (convince) 起初我并不相信他的话,但读过这份报道后,我确信他说的是真的。  
 (2) \_\_\_\_\_ (happen/experience) will make him a better person.  
 他所经历的一切将使他更加优秀。  
 (3) \_\_\_\_\_. (realize, lethal)  
 他们尚未意识到这种行为可能造成致命的后果。

**Key:**

- (1) It was not until I read about this report that I was convinced what he said is true.  
 (2) What happened to him/what he experienced will make him a better person.  
 (3) What they failed to realize is that this behavior (drunk driving) might be lethal.

2. 倒装、强调、虚拟结构

- (1) Never \_\_\_\_\_ make friends with people like him. 从未想到过……(倒装)  
 (2) \_\_\_\_\_, controlled our thinking. 直到18世纪,人们才意识到控制思维的是大脑,而不是心脏。(倒装)  
 (3) \_\_\_\_\_ what we have lost. 唯有此时,当你离我们远去,我们才

体会到损失了什么。(倒装)

- (4) \_\_\_\_\_, we \_\_\_\_\_ in serious difficulties.  
要不是你的经济资助,我们早陷入严重困境了。(虚拟,倒装)
- (5) \_\_\_\_\_ sympathize with the poor. 正是她内心的痛苦,使她对穷人深感同情。(强调)
- (6) \_\_\_\_\_, more important is your independent thinking ability.  
忠告与帮助固然重要,更重要的是你个人的独立思考能力。(倒装)

**Key:**

- (1) Never did it cross my mind to make friends with people like him.
- (2) Not until 18th century did man realize that brain, rather than heart, controlled our thinking.
- (3) Only now you are gone do we truly appreciate what we have lost.
- (4) Had it not been for your financial support, we would have been in serious difficulties.
- (5) It is her inner suffering that made it possible for her to sympathize with the poor.
- (6) Dear as/though advice and help, more important is your independent thinking ability.

3. 强势否定句

- (1) Teachers \_\_\_\_\_. 教师对学生越严格越好。
- (2) It \_\_\_\_\_ that education plays a crucial role in economic development. 教育在经济发展中起着关键作用,这一点再怎么强调也不为过。

**Key:**

- (1) Teachers cannot be too strict with their students.
- (2) It cannot be too strongly emphasized that ...

4. As .../with ... 句型

- (1) \_\_\_\_\_. 学生越勤奋越好。(表身份)
- (2) I had to admit that she \_\_\_\_\_. 我不得不承认,她是个很在行的设计师。(身份)
- (3) Naturally, \_\_\_\_\_. 中国地域辽阔,各地气候差异也因此极其悬殊。(原因)
- (4) \_\_\_\_\_, you will \_\_\_\_\_. 若不努力,你将一事无成。(条件)

**Key:**

- (1) As a student, you cannot be too diligent.
- (2) I had to admit that she knew her business as a designer.
- (3) Naturally, with such distances, the climate in China covers great extremes.
- (4) Without hard work, you will accomplish nothing.

5. 比较结构

- (1) Dad showed his love \_\_\_\_\_. 父亲的爱不是挂在嘴上,而是表现在行动上。
- (2) I learned more \_\_\_\_\_. 我从她身上学到的东西远远超过书本知识。
- (3) She is as \_\_\_\_\_. 她才貌双全。



(4) To be disabled is to \_\_\_\_\_, but far too often disabled people still \_\_\_\_\_. 身有残疾并不意味着低人一等,但残疾人生活受人主宰的情况仍比比皆是。

(5) The \_\_\_\_\_. 我们工作越努力,成果就越大。

**Key:**

(1) Dad showed his love more by his actions than by his words.

(2) I learned more from her than I could ever hope to learn from books.

(3) She is as brilliant as she is beautiful.

(4) To be disabled is to be no less human than anyone else, but far too often disabled people still have their lives controlled/ruled by others.

(5) The harder we work, the better results we will get.

6. There be 句型

(1) There is no \_\_\_\_\_ .../no \_\_\_\_\_ ... 无可否认/无可逃避……

(2) There \_\_\_\_\_. 在许多情况下,勤奋比天分更重要。

There are times when ... 有时

(3) Of all the scientific workers of the 19th century, \_\_\_\_\_, \_\_\_\_\_ . 19 世纪科研工作者中,没有人取得比达尔文更大的工作成绩。

**Key:**

(1) There is no denying that .../no escaping that ...

(2) There are many cases in which diligence is more important than talent.

(3) Of all the scientific workers of the 19th century, there is no one who achieved a greater amount of work than Darwin.

7. 双重否定句

(1) Nothing is \_\_\_\_\_. 没有不可能的事。

(2) There is nothing a standardized test measures \_\_\_\_\_. 标准化测试所测量的,无非是你在下一次标准化测试中得多少分。

(3) There is \_\_\_\_\_ . 对于一名有求知欲的学生,任何知识都是可接受的。

**Key:**

(1) Nothing is impossible.

(2) There is nothing a standardized test measures other than your ability to score well on the next standardized test.

(3) There is no body of knowledge inaccessible to a highly motivated student.

8. 形式 it 句

(1) It should be noted that/It is \_\_\_\_\_ that ... 值得注意的是/大家一致认为……

It goes \_\_\_\_\_ ... 不用说,毫无疑问……

It is \_\_\_\_\_ / \_\_\_\_\_ to do so. 这样做是明智的/失策的。