

TOEFL新托福听力 7天抢分笔记

澳佛英语新托福考试教程

何满 编著



随书附赠
外教朗读
MP3光盘

Listening



澳佛英语
Offer English

澳佛英语新托福备考系列教材

涵盖的内容，得到了超过98%的上课学员认可，几乎所有的

将本书所教授的方法及模拟题视为宝典。90%以上的学员，

通过本书快速提升了听力成绩。

如果你掌握不了新托福听力的精髓，
成绩始终无法突破；

明明意思很明白，却做不对题目；不会快速做笔记，经常错过答案；
经常听不懂语句中的连音、变音；

对托福听力一无所知，想要快速吃透托福听力，

那么，这本书就是你的专属教材！

**只需7天，
成功搞定新托福听力**

中国石化出版社
[HTTP://WWW.SINOPEC-PRESS.COM](http://www.sinopec-press.com)
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前言

新托福iBT考试于2004年10月在北美发布，并于2006年秋季正式登陆中国。和旧托福考试相比，新托福iBT不仅对考生的阅读和听力能力提出了更高的要求，还增加了口语测试部分，这就为中国考生的备考带来了更大的挑战。由于大多数考生的复习时间并不充裕，如何帮助考生迅速提高考试成绩成为了首要问题。

本书以7天为目标，旨在帮助考生在短期之内突破托福iBT听力考试，对于准备时间较为仓促的考生，仔细阅读本书中DAY 1、DAY 2和DAY 3的内容，便可以在考试前对托福听力部分形成一个清晰的框架，把握听力考试的出题规律。本书对听力考试中的八种题型进行详细讲解，分析各种题型的解题技巧和注意事项。总结听力考试的命题原则，让考生了解每一道听力题目是如何设计的，帮助考生“不听而胜”。

内容介绍：

DAY 1：介绍托福听力考试的基本信息。讲解托福听力考试流程，总结托福听力考试中必考话题（校园生活、人文艺术、生命科学等）和不考话题（政治、宗教、校园暴力等）。对托福听力考试的考点进行详细剖析，分析听力考试的命题规律和趋势，总结十大命题原则，并通过历年真题对每种命题原则进行详细讲解。

DAY 2：总结托福阅读听力的八种题型。以历年真题为载体，详细讲解各种题型的识别方式、解题技巧和注意事项。

DAY 3：本章从三个方面讲解参加托福听力考试的技巧。

（1）详细讲解托福听力的“笔记原则”，帮助考生了解哪些地方需要做笔记，哪些地方可以忽略，并总结托福听力中常用的速记符号。

（2）归纳总结听力考试中的信号词，正确认识听力中的信号词，可以帮助考生预测speaker想要阐述的信息，让考生的思路始终跟随着speaker而不被打乱，并迅速准确地捕获录音中的重要信息和考点内容。

（3）总结英文中的同音词。在英文中有很多单词发音相同，但是含义却完全不同。考生如不能识别这些同音词，就会对听力造成障碍。本章总结大量英文的同音词，帮助考生攻克听力中的辨音障碍。

DAY 4：本章从三个方面讲解托福听力的语音现象。

（1）从2013年开始，托福听力中加入了英国口音、印度口音、澳洲口音以及英语非母语国家的口音，这大大增加了听力的难度。本章总结了部分国家的特色发音规律，同时归纳出容易被考生错读的高频单词。

（2）托福听力的另一个难点是听力材料中出现大量的连读和吞音，本章详细讲解

了英文中的连读以及语音音变现象，包括“辅音+元音、辅音+辅音、元音+元音、爆破音+辅音”等七种特殊情况。

(3) 由于中国的英语教育多年来一直以英式口音为主，考生对美音并不熟悉，本章详细讲解英音和美音的七大发音区别，并配有补充练习题。

DAY 5：听力分数的高低与考生词汇量的多少密切相关，本章从四个方面阐述托福听力的核心词汇。

(1) 托福听力特色词汇。在托福听力考试中，有很多ETS惯用的特色词汇。例如：当表示“学生功课非常忙”时，考生通常会想到“busy with my homework”这种表达方式，但在托福听力考试中则用“I was overwhelmed/swamped”。不了解这些特色词汇，考生很难获得听力高分，因此本章总结十三类高频听力特色词汇。

(2) 托福听力场景词汇。托福听力测试的主要目的是考查考生在自然英语语境中的适应力和理解力，包括conversation和lecture两种形式。Conversation主要围绕美国的校园生活，因此考生需要掌握高频的校园场景词汇，例如“session（学期）、seminar（课堂研讨会）、dissertation（论文）”等。在lecture中，虽然不要求考生对学科背景知识有任何的理解，但是对于Pluto（冥王星）、Jupiter（木星）这些学术词汇，在听力材料中不会做任何的解释，因为ETS默认一个大学生应具备这些基本的词汇。换句话说，如果考生不了解这些基础学科词汇，是无法听懂听力内容的。本章总结在conversation和lecture中出现的所有学科分类词汇，可谓将所有场景词汇一网打尽。

(3) 托福听力习语汇总。在新托福听力考试中，录音材料不再过滤习语和俚语内容。习语的难度主要体现在考生无法通过字面含义来推测词组的正确含义。例如：“a wet blanket”这个短语，从字面上看是“湿毯子”，而真正的含义是“令人扫兴的人”；再比如“it's a real lemon”这个短语，字面上的含义是“这是一个真柠檬”，正确含义是“这真是个破烂货”。本章总结历年听力真题中出现的所有俚语和习语，帮助考生一次性扫清障碍。

DAY 6：正确聆听主旨和细节信息是托福听力考试的精髓。本章提供大量的听力练习，训练考生提炼听力材料中的主旨和框架的能力。精听是所有提高听力的方法中最高效的一种。本章讲解精听的正确方法并配有大量的听力练习。

DAY 7：提供听力全真模拟试题，帮助考生在考试前检测自己的学习情况。

附录提供了英文中常用单词的缩写词汇总表格，方便考生在考试中迅速记录听力中的内容。

全书内容经过多次修正，仍不免有疏漏之处，加之编者水平有限，本书的缺点、错误在所难免，希望得到相关专家和广大读者的批评指正。

何 满

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DAY 1



托福听力基础知识

第一节 新托福听力概述

一、概况

听力位于整个新托福考试的第2项，在阅读之后进行。考生人手一副耳机，从电脑上听语音资料。听力测试通常包括2部分，每部分包含1个校园情景对话（Campus conversation, 每个conversation之后有5个questions）和2个大学学术讲座（Academic lectures, 每个lecture之后有6个questions）。新托福考试还设置了“加试”，即考生会在正常的考试之外多做一部分阅读或者听力的题目（也有可能阅读、听力两部分同时被加试）。如果加考听力，则考生要多听1个Campus conversation和2个Academic lectures。所以，听力测试的总时间在60~90分钟。

由于是机考，考生在听录音资料之前无法得知试题。每个语段念一遍，该语段全部念完后才出现相应的试题。播放录音时，电脑屏幕上会显示相应的背景图片。考生可以在听音过程中使用纸笔做笔记。考生在电脑上作答，但不能复查、修改已递交的答案。

二、托福听力不考的话题

因为参加托福考试的学生都是要去美国读大学或者中学，因此托福听力一直在宣扬积极向上的人文精神，托福听力的话题永远是温馨的话题。那些让人感到不愉快的话题，即使是美国生活的现实，或是大学生活的现实，也不会出现在托福听力考试中。以下八类话题在托福听力考试中均不会出现：

（1）政治（POLITICS）



- (2) 宗教 (RELIGION)
- (3) 校园暴力 (SCHOOL BULLYING)
- (4) 学校警察 (SCHOOL POLICE)
- (5) 人权问题 (HUMAN RIGHTS)
- (6) 民主问题 (DEMOCRACY)
- (7) 性别歧视 (SEXUAL DISCRIMINATION)
- (8) 种族歧视 (RACIAL DISCRIMINATION)

三、托福听力必考的话题

1981年12月, 托福第一次进入中国, 到今日已经30多年了, 经历了多次变化。但无论如何变化, 托福考试的重心始终围绕着校园生活。新托福iBT的听力材料丝毫不涉及脱离实际生活的内容, 都是取自真实的语料。所有conversation和lecture的背景均设在大学校园中, 与北美大学生的生活、学习息息相关。或是课堂内教授的真实授课, 或是课堂外学生和学校工作人员、教授之间的真实对话, 并且还会出现真实语境下常见的口误、起句错误、自我纠正、停顿、重复等, 旨在全面考查考生在真实语境中的听力能力。

(一) Campus conversation发生的两大场景

- (1) 教师办公室: 与教授或者导师探讨学习问题 (涉及学术性或者非学术性内容)。
- (2) 学生服务处: 学生在校遇到问题, 请求学校工作人员帮助 (常涉及的只是非学术性内容)。

(二) Academic lecture的四大常考主题

1. Arts人文艺术

- (1) Architecture建筑。
- (2) Industrial design/art工业设计/艺术。
- (3) City planning城市规划。
- (4) Crafts: weaving, knitting, fabrics, furniture, carving, mosaics, ceramics, etc. ; folk and tribal art手工艺: 纺织、编织、织物、家具、雕刻、镶嵌工艺品、陶瓷工艺等; 民间艺术和部落艺术。
- (5) Cave/rock art岩洞/石壁艺术。
- (6) Music and music history音乐和音乐史。
- (7) Photography摄影。

(8) Literature and authors 文学和作家。

(9) Books, newspapers, magazines, journals 书籍、报纸、期刊、杂志。

2. Life Science 生命科学

(1) Extinction of or conservation efforts for animals and plants 动植物的灭绝或保护。

(2) Fish and other aquatic organisms 鱼类和其他水生生物。

(3) Bacteria and other one-celled organisms 细菌和其他单细胞生物。

(4) Viruses 病毒。

(5) Medical techniques 医疗技术。

(6) Public health 公共卫生。

(7) Physiology of sensory organs 感觉器官的生理机能。

(8) Biochemistry 生物化学。

(9) Animal behavior (e.g. migration, food foraging, defensive behavior) 动物行为 (例如: 迁徙、觅食、防御行为)。

(10) Habitats and the adaptation of animals and plants to them 动植物的栖息地以及动植物对栖息地的适应。

(11) Nutrition and its impact on the body 营养以及对机体的影响。

(12) Animal communication 动物交流。

3. Physical Science 自然科学

(1) Weather and atmosphere 天气和大气。

(2) Oceanography 海洋学。

(3) Glaciers, glacial landforms, ice ages 冰川、冰川形成、冰河纪。

(4) Deserts and other extreme environments 沙漠和其他极端环境。

(5) Pollution, alternative energy, environmental policy 污染、替代能源、环境政策。

(6) Other planets' atmospheres 其他星球的环境。

(7) Astronomy and cosmology 天文学和宇宙学。

(8) Properties of light, optics 光的特性、光学。

(9) Properties of sound 声的特性。

(10) Electromagnetic radiation 电磁辐射。

(11) Particle physics 粒子物理学。

(12) Technology of TV, radio, radar 电视、广播和雷达技术。

(13) Math 数学。

(14) Chemistry of inorganic things 无机物的化学性质。

(15) Computer science 计算机科学。

(16) Seismology (plate structure, earthquakes, tectonics, continental drift, structure of



volcanoes)地震学(板块结构、地震、构造地质学、大陆漂移、火山结构)。

4. Social Science社会科学

- (1) Anthropology of non-industrialized civilizations非工业化文明社会的人类学。
- (2) Early writing systems早期文字系统。
- (3) Historical linguistics历史语言学。
- (4) Business, management商业、管理。
- (5) TV/radio as mass communication作为大众传媒的电视/电台。
- (6) Social behavior of groups, community dynamics, communal behavior群体的社会行为、群落动态、集群行为。
- (7) Child development儿童发展。
- (8) Education教育。
- (9) Modern history (including the history of urbanization and industrialization and their economic and social effects)现代历史(包括城市化和工业化的历史及其所带来的社会和经济影响)。

第二节 托福听力十大命题原则

在托福听力中,每个lecture的播放时间通常为5分钟左右,想要听懂并记住lecture中的每一句话甚至每一个词汇,是一个不可能完成的任务。考生需要正确把握托福听力的命题原则,搞清楚哪些地方需要听懂,哪些地方可以舍弃。下面的十大命题原则不仅适合TOEFL听力考试,也适用于IELTS、大学四六级的听力考试。掌握这些原则,考生可以一劳永逸地攻克所有听力难题。

一、转折原则

无论是conversation还是lecture,考生都要注意那些“含有转折含义的词汇或结构”,转折永远是重要考点。

历年TOEFL听力中最常考的转折类词汇包括:but, however, nevertheless, while, yet, unless, except for, actually, in fact, as a matter of fact, virtually,

practically, to tell you the truth等。



【例1】

【听力材料】	<p>Now there are a lot of theories, <u>but</u> all we know for sure is that people aren't moving the rocks. There are no footprints, no type tracks and no heavy machinery like a bulldozer...uh, nothing was ever brought in to move these heavy rocks.</p> <p>So what's going on? Theory NO.1—Wind. Some researchers think powerful uh...windstorms might move the rocks. Most of the rocks move in the same direction as the dominant wind pattern from southwest to northeast. But some, and this is interesting, move straight west while some zigzag or even move in large circles. Hmmm...How can that be?</p>
【题目】	<p>According to the professor, what have the researchers agreed on?</p> <p>A. The rocks cannot move after storms. B. The rocks do not move at night. C. The rocks never move in circles. D. The rocks are not moved by people.</p>
【解析】	<p>从文中转折词but后的划线内容可以得出正确答案为D选项。</p>



【例2】

【听力材料】	<p>Mary: Well, they seem to be less realistic than folktales...like they have something improbable happening—a frog turning into a prince, say. Oh, that's another common element, royalty—a prince or princess. And fairy tales all seem to take place in a location that's nowhere and everywhere at the same time.</p> <p>Professor: What's the line-up? How do all those stories start? Once upon a time, in a far away land...oh, in the case of folktales, each story teller would specify a particular location and time, though the time and location would differ for different story tellers. <u>With fairy tales, however, the location is generally unspecified, no matter who the storyteller is.</u> That land far away... We'll come back to this point in a few minutes.</p>
【题目】	<p>What does the professor say about the setting of fairy tales?</p> <p>A. The tales are usually set in a nonspecific location. B. The location is determined by the country of origin of a tale. C. The tales are set in a location familiar to the author. D. A storyteller varies the location of a tale depending on the audience.</p>
【解析】	<p>从文中转折词however后的划线内容可以得出正确答案为A选项。</p>



二、问答原则

在lecture中，需要特别注意那些“含有一问一答或自问自答的句子或结构”，往往问题就会作为考题，而对问题的回答就是正确答案。



【例1】

<p>【听力材料】</p>	<p>Professor: For today's discussion, we'll review the case study on how some animals have behaviorally adapted to their environments. Now you had to read about two animal species, the Eastern marmot and the Olympic marmot. Marmots are rodents. They are large ground squirrels, about the size of an average house cat. And they live in a variety of habitats. And even though they spend the significant portion of the year hibernating, according to this case study, <u>marmots are still considered excellent subjects for animal behavioral studies.</u></p> <p><u>Why is that?</u></p> <p>Student: Well, when they are not hibernating, you can find them in open areas. <u>And they are pretty active during the day, which makes them easy to observe, right?</u></p> <p>Professor: Uh-huh, so first let's discuss the Eastern marmots. They reside throughout the eastern region of North America where there is a temperate climate, where the growing season lasts for at least five months of the year, which is when they do all their mating, playing and eating.</p>
<p>【题目】</p>	<p>According to the case study, why are marmots ideal for observation?</p> <p>A. They do not hide from humans.</p> <p>B. They reside in many regions throughout North America.</p> <p>C. They are active in open areas during the day.</p> <p>D. Their burrows are easy to locate.</p>
<p>【解析】</p>	<p>教授提出问题，学生做出回答，marmot容易被观察是因为他们pretty active during the day。因此正确答案为C选项。</p>



【例2】

<p>【听力材料】</p>	<p>Professor: He confused his audience in the way he portrayed the animals he filmed, mixing up our notions of the categories human and animal. The films make us a little uncomfortable at times because we are uncertain about what we are seeing. It gives him films an uncanny feature: the familiar made unfamiliar, the normal made suspicious. He liked twists, he liked the unusual. In fact, one of his favorite sea animals was the seahorse because with seahorses, it's the male that carries the eggs, and he thought that was great. His first and most celebrated underwater film is about the seahorse. Susan, you have a question?</p>
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续表

【听力材料】	<p>Student: But underwater film-making wasn't that unusual, was it? I mean, weren't there other people making movies underwater?</p> <p>Professor: Well, actually, it was pretty rare at that time. I mean, we are talking the early 1930s here.</p> <p>Student: But what about Jacques Cousteau? Was he like an innovator, you know, with underwater photography too?</p> <p>Professor: Ah, Jacques Cousteau. Well, <u>Painleve and Cousteau did both film underwater, and they were both innovators</u>, so you are right in that sense. But that's pretty much where the similarities end.</p>
【题目】	<p>Why does the professor compare the film style of Jacques Cousteau and Jean Painleve?</p> <p>A. To explain how Painleve influenced Cousteau.</p> <p>B. To emphasize the uniqueness of Painleve's filming style.</p> <p>C. To emphasize the artistic value of Cousteau's documentary films.</p> <p>D. To demonstrate the superiority of Painleve's filmmaking equipment.</p>
【解析】	<p>学生提出问题，教授做出回答，Painleve和Cousteau在水下拍摄，是innovator，替换B选项中的uniqueness，因此正确答案为B选项。</p>

三、开头原则

考生要特别注意听清“讲座开头的一两句话”，往往TOPIC（主题）会在这里出现，而主题必为考点。



【例1】

【听力材料】	<p>Professor: Ok, let's get started. Great. Today I want to talk about a way in which we are able to determine how old a piece of land, or some other geologic feature is—<u>dating techniques</u>. I'm going to talk about a particular <u>dating technique</u>. Why? Good dating is key to good analysis. In other words, if you want to know how a land formation was formed, the first thing you probably want to know is how old it is. It's fundamental. Uh... Take the Grand Canyon for instance. Now, we geologists thought we had a pretty good idea of how the Grand Canyon in the southwestern United States was formed. We knew that it was formed from sandstone that solidified somewhere between 150 and 300 million years ago.</p>
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<p>【题 目】</p>	<p>What does the professor mainly discuss?</p> <p>A. The difference in age among American mountain ranges.</p> <p>B. The importance of a technique used for dating geological materials.</p> <p>C. The recent discovery of an ancient canyon.</p> <p>D. A comparison of various minerals used for dating.</p>
<p>【解 析】</p>	<p>根据文中开头部分的划线信息，可以得出答案为B选项。</p>



【例2】

<p>【听力材料】</p>	<p>Professor: OK. Another ancient Greek philosopher we need to discuss is Aristotle—Aristotle's ethical theory. What Aristotle's ethical theory is all about is this: he's trying to show you <u>how to be happy</u>—what true happiness is. Now, why is he interested in <u>human happiness</u>? It's not just because it's something that all people want to aim for. It's <u>more than that</u>. But to get there we need to first make a very important distinction. Let me introduce a couple of technical terms: extrinsic value and intrinsic value.</p>
<p>【题 目】</p>	<p>What is the main purpose of the lecture?</p> <p>A. To illustrate the importance of extrinsic values.</p> <p>B. To explain Aristotle's views about the importance of teaching.</p> <p>C. To explain why people change what they value.</p> <p>D. To discuss Aristotle's views about human happiness.</p>
<p>【解 析】</p>	<p>根据文中开头部分的划线信息，可以得出答案为D选项。</p>

四、尾巴原则

除了开头，考生还要特别注意听清“段子结束时的一两句话”，往往结论会在这位置出现，而结论也必为考点。



【例】

<p>【听力材料】</p>	<p>Last time, we started to talk about glaciers and how these masses of ice form from crystallized snow, and some of you were amazed at how huge some of these glaciers are. Now, even though it may be difficult to understand how a huge mass of ice can move or flow, it's another word for it, it's really known that no secret that the glaciers flow, because of gravity. But how they flow, the way they flow, needs some explaining.</p> <p>Now, the first type of glaciers flow is called: basal slip...</p>
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续表

【听力材料】	<p>Now the next type of movement we will talk about is called: deformation...</p> <p>Now, there are a couple of factors that affect the amount of deformation that takes place or the speed of the glacier's movement for example...</p> <p>Ok, um... Now, I'd like to touch briefly on extension and compression. Your textbook includes these as types, as a particular type of glacier movement, but you will see that there are...</p> <p>Now, as you probably know, glaciers generally move really slowly. But sometimes, they experience surges, and during these surges, in some places, they can move at speeds as high as 7,000 meters per year. Now, speeds like that are pretty unusual, hundreds of times faster than the regular movement of glaciers, but you can actually see glacier move during these surges, though it is rare.</p>
【题 目】	<p>What does the professor say about the speed of glaciers?</p> <p>A. It affects the amount of glacial ice that forms.</p> <p>B. It can be fast enough for movement to be noticeable.</p> <p>C. It is reduced by cracks in the ice.</p> <p>D. It is unusually high in colder regions.</p>
【解 析】	<p>根据文中结尾部分的划线信息，可以得出答案为B选项，选项中的noticeable和原文中的you can actually see同义词替换。</p>

五、重复原则

顾名思义，即关注反复重复的词，段落中反复重复的词或概念往往是speaker想要强调的内容，应该引起充分注意。



【例】

【听力材料】	<p>Professor: Ok, the next kind of animal behavior I want to talk about might be familiar to you. You may have seen, for example, a bird that's in the middle of a mating ritual, and suddenly it stops and preens, you know, it takes a few moments to straighten its feathers, and then returns to the mating ritual. This kind of behavior, this doing something that seems completely out of place, is what we call a "Displacement Activity". Displacement activities are activities that animals engage in when they have conflicting drives. If we take our example from a minute ago, if the bird is afraid of its mate, it's conflicted. It wants to mate but it's also afraid and wants to run away. So, instead, it starts grooming itself. So, the displacement activity, the grooming, the straightening of its feathers, seems to be an irrelevant behavior. So, what do you think another example of a displacement activity might be?...</p>
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【题 目】	<p>What is the lecture mainly about?</p> <p>A. Methods of observing unusual animal behavior.</p> <p>B. A theory about ways birds attract mates.</p> <p>C. Ways animals behave when they have conflicting drives.</p> <p>D. Criteria for classifying animal behaviors.</p>
【解 析】	<p>文中重复出现displacement activities 3次，所以是key words，划线部分说Displacement activities are activities that animals engage in when they have conflicting drives，因此正确答案为C选项。</p>

六、强调原则

强调具体可分为两大类：语义强调和语气、语调强调。语义强调包括含义强调、解释强调、举例强调、级别强调、结论强调、对比强调六种。语气、语调强调包括重音强调、停顿强调、清晰强调三种。

（一）语义强调的六种方式

1. 含义强调

听段子时，要特别注意那些“本身含义上就给我们以震撼或触动的词或结构”。比如：“Especially”一词后面的内容通常是考点，因为它本身就表示“尤其是”，体现了ETS的“求异思想”。再比如，新理论周围也一定存在考点，因为这体现了ETS的“求新思想”。有时为了强调某事，ETS还特意用一些极其显而易见的表达方式提醒我们，例如：indeed, in fact, certainly, just remember, and again, special feature, most importantly, one thing I should mention, make / be sure to等。



【例】

【听力材料】	<p>The dramatic devices used here weren't actually anything new. They had been around for centuries. But the formula for a well-made play required that the certain of these elements be included in a particular order. And most importantly, that everything in the plays be logically connected. In fact, some of these playwrights would start by writing the end of a play and work “backward” toward the beginning, just to make sure each event led logically from what had gone before.</p>
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