



环球卓越
www.geedu.com



英语周计划系列丛书
ENGLISH WEEKLY PLAN SERIES

英语 | 专业四级

听力 周计划

英语专业四级考试
命题研究组◎编著

TEM4
WEEKLY
PLAN FOR LISTENING
COMPREHENSION

扫二维码，搜索书名，即刻听录音！
挑战我的方法，引爆你的潜力！逐周挑战，日渐升级！



机械工业出版社
CHINA MACHINE PRESS



所有例题全部录音
附赠超长**630**分钟
MP3光盘

第4版



环球卓越
www.geedu.com



英语周计划系列丛书
ENGLISH WEEKLY PLAN SERIES

英语

专业四级

听力周计划

英语专业四级考试
命题研究组◎编著



机械工业出版社
CHINA MACHINE PRESS

第4版

《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。《英语专业四级听力周计划》是本系列针对 TEM4 的一个分册。

编者从英语专业四级听力部分的题型特点和设题规律出发,针对考生复习中经常遇到的问题,为考生提供了一个完整的 TEM4 听力 5 周复习方案,每周安排 5 天(星期一至星期五),第一至四周,每周一个听力题型:第一周短文听写,第二周对话理解,第三周短文理解,第四周新闻理解,针对各题型的考点、技巧进行全面讲解,边讲边练;第五周听力模拟测试,精心编写了 6 套听力模拟试题,方便考前进行实战演练。5 周的安排,目标明确,科学合理,帮助考生理清复习思路,最终成功通过考试。

图书在版编目(CIP)数据

英语专业四级听力周计划 / 英语专业四级考试命题
研究组编著. —4 版. —北京:机械工业出版社, 2014. 6
(英语周计划系列丛书)
ISBN 978-7-111-47339-8

I. ①英… II. ①英… III. ①大学英语水平考
试-听说教学-自学参考资料 IV. ①H319. 9

中国版本图书馆 CIP 数据核字(2014)第 152845 号

机械工业出版社(北京市百万庄大街 22 号 邮政编码 100037)

责任编辑:孙铁军

版式设计:张文贵

责任印制:乔宇

保定市中华美凯印刷有限公司印刷

2014 年 7 月第 4 版·第 1 次印刷

148mm×210mm·9.5 印张·390 千字

0 001-5 000 册

标准书号:ISBN 978-7-111-47339-8

ISBN 978-7-89405-428-9 (光盘)

定价:29.80 元(含 1MP3)

电话服务

社服务中心:(010) 88361066

销售一部:(010) 68326294

销售二部:(010) 88379649

读者购书热线:(010) 88379203

网络服务

教材网:<http://www.cmpedu.com>

机工官网:<http://www.cmpbook.com>

机工官博:<http://weibo.com/cmp1952>

封面无防伪标均为盗版

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种书自去年问世以来,以其科学的时间安排、精练的考点讲解、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,屡屡登上业内权威的开卷报告“全国英语国内考试类图书排行榜”的榜单。广大读者对周计划学习形式和编写团队工作的认可为我们增添了无穷的动力。我们觉得,如果能将周计划的学习模式应用到更多的考试中,会让更多的考生从中受益。正因如此,“英语周计划系列丛书”的“英语专业四级系列”应运而生。

英语专业四级周计划系列图书的编写团队由经验丰富的教师组成,他们有着多年的一线教学和阅卷经验,深知考生在复习备考和应试过程中的“盲区”和“软肋”所在。结合英语专业四级的特点,他们将周计划的学习理念很好地融入了每一天的学习当中。如果考生有过使用周计划四六级系列的经历,那么对这套丛书的使用将会更加得心应手,考生的学习经历也将会变得更加轻松、更有效率。

英语专业四级系列图书有如下特色:

1. 计划明晰, 时间性强。每册书都将计划安排在3~5周内进行,并将任务细化到每天。由于每天都有很明确的学习任务,极为方便考生根据自身情况设定复习计划,合理分配备考时间,掌握学习的主动权。这是周计划的时间特性,也是周计划的主要特色。

2. 紧扣大纲, 针对性强。严格依托英语专业四级考试大纲,按照考试分值和各部分的比重将本系列分为5个分册,分别是听力分册、阅读分册、写作分册,完形、语法和词汇分册和一个独立的词汇分册。各个分册既有极强的针对性,相对独立,又互相联系,共同组成了英语专业四级周计划的整体复习方案。所配练习题和模拟题,都严格按照专业四级命题要求进行编写,题目的难度、命题的角度、命题陷阱的设置等仿真性极强,非常有利于考生练习、模拟。

3. 新派方法，创新思维。周计划应用在英语专业四级考试，是专业四级备考图书领域的一个创新。完全从考生复习的角度出发，告诉考生每天应该学什么、练什么、背什么，就像良师一样，时刻在考生旁边细心指导，改变那种缺乏科学规划的传统学习模式。但周计划带给专四考生的将不仅仅是每周细致体贴的备考内容，更是一种新的学习方式，一种新的备考模式，一种新的思维方式。

4. 目标明确，讲求效率。帮助考生一方面理清复习思路，另一方面提高复习的针对性，提高应试效率。

5. 边讲边练，强化理解。每道真题都有详细的技巧引导和讲解，每套练习都有详细的答案和解析。考生通过以真题为模板的技巧点拨后，立即进行有针对性的训练，理解会更加充分。

6. 练习充分，直击实战。除每天的讲解配有专项练习外，每周复习结束时都有充分的练习，检验一周的复习效果，最后还有综合模拟练习，让考生真正练透、练精。

本丛书在出版前已经由多个辅导班学生使用，结果证明，考生如按照本丛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

2014年6月

于中国人民大学

前言

专四考试中，听力部分的分值占 30%，听力能力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、快速提高听力水平是所有考生必须面对和思考的问题。

考生的问题

通过总结多年的一线教学和阅卷经验以及对考生的多次问卷调查统计，本书作者发现，考生听力能力低下、听力分数不高主要有以下几方面原因：

一、复习欠缺规划

听力能力的提高不是一蹴而就的，需要科学的计划和安排，但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

听力的场景话题不够熟悉、词汇句式基础不牢是很多考生提高听力水平的瓶颈，缺乏基本的听音基础，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

很多考生以为听力水平的提高就是依靠长时间的练习，只要多花时间、多听就行了，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，养成良好的听音习惯，可以让你的学习事半功倍，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，光是基础好、会技巧，没有足够的练习，也发挥不了多大的作用。多听，多练，才能切实提高听力水平。

我们的对策

我们从专四听力的题型特点和设题规律出发，针对考生复习中经常出现

的问题，精心编写了这本书。本书内容安排在5周进行，每周5天，共25天。第1至4周每周1个听力题型，分项学习，各个击破；第5周模拟自测，实战演练，全面提升。

具体来讲，本书有以下特色：

一、5周时间，规划科学

第1至4周每周1个题型：第1周短文听写、第2周对话理解、第3周短文理解、第4周新闻理解；每周一到周四每天一项任务，带你扎实基础、掌握技巧、边学边练，每周五复习效果检验，让你通过自我测试检验一周复习的成效。第5周精心设计了6套模拟自测，带你在实践中检验自我、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，快速提升听力水平。

二、典型自测，自我诊断

在进入具体讲解之前，先给出1套典型的听力试题，在解析中对题目的解题技巧、错误原因给出详尽的点评分析，并给考生提出合理的复习建议，让考生通过模拟自测，找出自己的弱点，明确听力的努力方向。

三、考点精练，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、技巧分成若干个模块，安排在每天里进行透彻讲解，实现各个击破。

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的模拟题，检验一周的复习效果，让考生学完一个，练透一个，彻底吃透所学的知识。最后还配有6套听力模拟试题，让考生真正练透练精。

五、对照解析，清楚了

本书的解析点评采用了分栏对照的形式，让考生清楚直观地看出问题和题眼的对应关系，方便考生学习理解，提高复习效率。

编者

目 录

丛书序

前言

专四听力导学 1

一、专四听力命题方向 1

二、典型试题自测 1

三、答案及点评 6

四、给考生的复习建议 23

第一周 短文听写 24

星期一 熟悉 6 类常考文章主题 24

一、主题熟悉 24

二、专题演练 29

三、名师点评 30

星期二 掌握 5 大科学听写技巧 33

一、技巧学习 33

二、专题演练 35

三、名师点评 36

星期三 了解评分原则和避错要诀 38

一、评分原则 38

二、避错要诀 38

三、专题演练 41

四、名师点评 41

星期四 提高边听边记能力	43
一、技巧学习	43
二、专题演练	44
三、名师点评	44
星期五 一周复习效果检验	46
Test 1	46
Test 2	46
 第二周 对话理解	48
星期一 熟悉常考场景及词汇	48
一、场景熟悉	48
二、词汇通关	50
三、专题演练	62
四、名师点评	63
星期二 攻克3类常考题型	67
一、题型熟悉	67
二、专题演练	71
三、名师点评	72
星期三 学会听前读题预测	76
一、预测方法	76
二、专题演练	79
三、名师点评	80
星期四 熟悉对话设题重点	85
一、题眼熟悉	85
二、专题演练	90
三、名师点评	91
星期五 一周复习效果检验	95
Test 1	95

Test 2	99
第三周 短文理解	105
星期一 充分利用题目, 确定听音重点	105
一、技巧点拨	105
二、专题演练	107
三、名师点评	108
星期二 抓住开头结尾和高频词语, 拿下主旨题	112
一、技巧点拨	112
二、专题演练	113
三、名师点评	115
星期三 精听常设题处, 征服细节题	118
一、技巧点拨	118
二、专题演练	120
三、名师点评	121
星期四 领悟言外之意, 攻克推断题	124
一、技巧点拨	124
二、专题演练	126
三、名师点评	127
星期五 一周复习效果检验	131
Test 1	131
Test 2	135
第四周 新闻理解	139
星期一 熟悉 6 大类新闻词汇 (一)	139
一、政治新闻	139
二、军事新闻	143
三、经济新闻	149

四、常见国家和城市名	153
五、专题演练	157
六、名师点评	158
星期二 熟悉 6 大类新闻词汇 (二)	161
一、天灾人祸	161
二、社会新闻	164
三、科学研究	169
四、常见国际组织名称	171
五、专题演练	173
六、名师点评	174
星期三 掌握 2 类新闻常考题型	177
一、题型透析	177
二、专题演练	180
三、名师点评	182
星期四 把握 5 大新闻做题关键	185
一、做题关键	185
二、专题演练	190
三、名师点评	191
星期五 一周复习效果检验	194
Test 1	194
Test 2	198
第五周 听力模拟测试	203
Model Test 1	203
Model Test 2	218
Model Test 3	233
Model Test 4	248
Model Test 5	263
Model Test 6	278

专四听力导学 >>>

一、专四听力命题方向

听力理解能力一直是专业四级考试测试的重点和难点，其分值所占比例高达30%，听力能力的高低将直接影响到考生考试成绩的好坏，因此，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，已经成为考生越来越迫切的需要。

专四听力考试时间为35分钟，所占分值为30分，共包括两大部分：第一部分为短文听写（DICTATION），第二部分为听力理解（LISTENING COMPREHENSION），该部分又包括对话、短文和新闻三种题型。各题型的出题形式及所占分值如下：

听力题型		测试形式	题目数量	分值比例
第一部分 短文听写	短文听写 (Dictation)	全文听写	1篇短文	15%
第二部分 听力理解	对话理解 (Conversations)	单项选择	3组对话，10道题	5%
	短文理解 (Passages)	单项选择	3篇短文，10道题	5%
	新闻理解 (News Broadcast)	单项选择	4~6段，共10题	5%

知己知彼，百战不殆。考生既要熟悉听力考试，又必须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，事半功倍。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

Part I Dictation



Listen to the following passage. Altogether the passage will be read to you four times. During the first reading, which will be read 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 2 minutes to check through your work once more.

Please write the whole passage on ANSWER SHEET ONE. Now listen to the passage.

Part II Listening Comprehension

In Sections A, B and C you will hear everything **ONCE ONLY**. Listen carefully and then answer the questions that follow. Mark the correct answer to each question on your answer sheet.

Section A Conversations



In this section you will hear several conversations. Listen to the conversations carefully and then answer the questions that follow.

Questions 1 to 3 are based on the following conversation. At the end of the conversation, you will be given 15 seconds to answer the questions.

Now listen to the conversation.

- Which is NOT Mr. Lewis' purpose of the visit?
 - To visit friends.
 - To give concerts.
 - To vacation.
 - To give private lessons.
- What kind of cello did Mr. Lewis use when he was eight?
 - A full-sized cello.
 - A half-sized cello.
 - A two-thirds-sized cello.
 - It is not mentioned.
- What does the conversation say about Mr. Lewis' cello?
 - He always takes it with him.
 - It was made by his uncle.
 - He borrowed it from his uncle.
 - He got a seat free for his cello.

Questions 4 to 7 are based on the following conversation. At the end of the conversation, you will be given 20 seconds to answer the questions.

Now listen to the conversation.

- What does Mark think of cricket?
 - It is exciting.
 - There is a lot of fun.
 - It is a hard game.
 - It is a slow game.
- A batsman in cricket does all the following EXCEPT

- A) waiting for the other batsman. B) standing in front of the wicket.
 C) trying to hit the ball. D) running to change positions.
6. What does the bowler do?
 A) He runs after the ball. B) He changes positions.
 C) He throws the ball. D) He tries to hit the ball.
7. What do the speakers think about cricket and baseball?
 A) Both prefer cricket to baseball. B) Both prefer baseball to cricket.
 C) Mark disagrees with John. D) It is not clear from the conversation.

Questions 8 to 10 are based on the following conversation. At the end of the conversation, you will be given 15 seconds to answer the questions.

Now listen to the conversation.

8. What conclusion can we draw about Mike before he went to the camping school?
 A) Mike was eager to do the course. B) Mike had done outdoor activities.
 C) Mike enjoyed life in the open. D) Mike was reluctant and timid.
9. Mike participated in all the following activities EXCEPT
 A) hiking. B) canoeing.
 C) swimming. D) camping.
10. Which of the following words is most appropriate to describe Mike after the camping school?
 A) Independent. B) Strong.
 C) Determined. D) Persistent.

Section B Passages



In this section, you will hear several passages. Listen to the passages carefully and then answer the questions that follow.

Questions 11 to 13 are based on the following passage. At the end of the passage, you will be given 15 seconds to answer the questions.

Now listen to the passage.

11. What happened on January 27th, 1967?
 A) Three men were injured during a fire.
 B) One man died during the fire accident.
 C) A fire started inside a spaceship.
 D) A spaceship was launched.
12. What happened in 1981?
 A) The space programme was suspended.
 B) Five men were injured during an accident.
 C) The accident occurred before the rehearsal.
 D) No accident happened that year.
13. What does the passage say about accidents?

- A) Accidents are unavoidable. B) Accidents can be avoided.
C) Human beings are always careless. D) There should be more precautions.

Questions 14 to 17 are based on the following passage. At the end of the passage, you will be given 20 seconds to answer the questions.

Now listen to the passage.

14. BBC's weather forecast is a programme
A) seldom watched. B) little known.
C) new. D) popular.
15. Weather observations come from all the sources EXCEPT
A) computers. B) satellites.
C) the ground. D) radar.
16. What does the passage say about BBC's forecasters?
A) They read from a script. B) They are professionals.
C) They use a map for presentation. D) They care about their clothes.
17. What does the passage say about British television viewers?
A) They remember what they saw on weather forecasts.
B) They like talking about weather instead of watching.
C) They pay more attention to the style of the presenters.
D) They watch and remember what is necessary.

Questions 18 to 20 are based on the following passage. At the end of the passage, you will be given 15 seconds to answer the questions. Now listen to the passage.

18. Which is NOT showing an increase this year?
A) Number of tourists. B) Holiday travelers.
C) Shopping. D) Dining and entertainment.
19. What does the passage say about this year's business travelers?
A) There are fewer business travelers.
B) There are more business travelers.
C) The number remains the same as last year's.
D) It is not mentioned in the passage.
20. Which is the largest single visitor expenditure?
A) Hotel accommodation. B) Meals.
C) Shopping. D) Entertainment.

Section C News Broadcast



In this section, you will hear several news items. Listen to them carefully and then answer the questions that follow.

Questions 21 to 23 are based on the following news. At the end of the news item, you will be given 15 seconds to answer the questions.

Now listen to the news.

21. Who sponsored the conference on population?
 A) Cairo. B) The United Nations.
 C) The World Bank. D) The World Health Organization.
22. The current rate of annual increase in the world population is about
 A) 9 million. B) 5.7 million.
 C) 90 million. D) 20 million.
23. Which of the following concerning the document is NOT true?
 A) The document will cover the next two decades.
 B) The document will win support from the delegates.
 C) The document will serve as a guideline.
 D) The document will be completed after the conference.

Questions 24 and 25 are based on the following news. At the end of the news item, you will be given 10 seconds to answer the questions.

Now listen to the news.

24. Where did the storms first strike?
 A) The eastern U. S. B) The Gulf of Mexico.
 C) The Canadian border. D) Some areas in Cuba.
25. The storms have resulted in the following EXCEPT
 A) death and damage. B) disruption of air services.
 C) destruction of crops. D) relocation of people.

Question 26 and 27 are based on the following news. At the end of the news item, you will be given 10 seconds to answer the question.

Now listen to the news.

26. The Senate bill aims to _____ within the next seven years.
 A) end the country's huge public debts B) cut government spending on health
 C) end the large budget deficits D) cut some educational programmes
27. Congressional leaders have to work out a compromise because
 A) a similar bill has been passed.
 B) the President might oppose the plan.
 C) the Senate bill was passed by 57 to 42.
 D) the White House is facing opposition.

Question 28 is based on the following news. At the end of the news item, you will be given 5 seconds to answer the question.

Now listen to the news.

28. Australia reacted towards the French test by
 A) recalling her ambassador to Paris. B) describing the test as insignificant.
 C) expressing her regret. D) expressing disapproval.

Question 29 and 30 are based on the following news. At the end of the news item, you will be given 10 seconds to answer the question.

Now listen to the news.

29. The space shuttle Discovery completed a _____ mission upon its return to Kennedy Space Centre.
 A) 11-day B) 94-day
 C) 10-day D) 49-day
30. When the spacecraft was going to land,
 A) it produced a lot of noise. B) there were scattered showers.
 C) people could see it high in the sky. D) people could neither see nor hear it.

三、答案及点评

Part I Dictation

The Railways in Britain

The success of early railways, (1) such as the lines between big cities, / (2) led to a great increase in railway building in Victorian times. / Between 1835 and 1865, about 25,000 kilometres of track (3) was built, / and over 199 railway companies were (4) created. / Railway travel (5) transformed people's lives. / Trains were first (6) designed to carry goods. / However, a law in the (7) 19th century forced railway companies to run one cheap train a day, / (8) which stopped at every station (9) and cost only a penny a mile. / Soon working class passengers found they could afford to travel by rail. / Cheap day excursion trains became popular and seaside resorts grew rapidly. / The railways also provided (10) thousands of new jobs: / (11) building carriages, running the railways and repairing the tracks. / Railways even (12) changed the time. / The need to run the railways on time (13) meant that local time was abolished / and clocks showed the same time all over the country.

文章主题：本文是关于英国铁路的发展史。

听写提示：要注意听题目，题目是短文内容的概括，抓住它有助于考生把握短文主题和大意。

听第一遍录音时重点把握主题及文章脉络和大意，适当记录与主题相关的关键词，并留意其中的时间线索和 such as 列举以及 However, also, even 等逻辑线索词，以便理清短文脉络，把握其大意。

听第二、三遍录音时在理解每个意群的基础上边听边记，记录时注意使用缩略语，遇到不会的单词，也可先用中文记下，后面再进行转换。

听第四遍录音时，注意查漏补缺，并从语法和拼写角度通篇进行核查。