

10 天巧战  
英语系列丛书

# 天巧战大学英语 四级听力

• 丛书主编 赵亚翘 •

• 本书主编 张刚 •

★ 本书新题型: 单词及词组听写

2013 年 12 月四六级考试 **最新题型**

附赠 MP3 光盘



机械工业出版社  
CHINA MACHINE PRESS



10 天巧战  
英语系列丛书

# 天巧战大学英语 4级听力

丛书主编 赵亚翔

本书主编 张 刚

本书副主编 范 璐 于美娜 解宏甲

参 编 姜晓瑜 董妍妍 毕敬轩  
杜晓冰 吴 杰 郝 玲



机械工业出版社  
CHINA MACHINE PRESS

10 天巧战系列丛书极富时间概念, 同时又在内容上高度凝练, 目的是为读者朋友提供迅速而轻松的考前复习方案。《10 天巧战大学英语 4 级听力》是本系列针对 CET-4 的一个分册。

本书按照最新题型分成 4 大部分, 但在每一部分都对听力的知识点予以重新整合, 打破了传统专项辅导书按部就班讲解知识的套路。只提供考前最需要掌握、最想了解的知识, 让 10 天的复习备考变得轻松惬意。

## 图书在版编目 (CIP) 数据

10 天巧战大学英语 4 级听力 / 张刚主编. —北京:  
机械工业出版社, 2013. 4  
(10 天巧战英语系列丛书 / 赵亚翘丛书主编)  
ISBN 978-7-111-42830-5

I. ①1… II. ①张… 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 (2013) 第 122637 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: 杨 曦

北京双青印刷厂印刷

2013 年 11 月第 1 版·第 1 次印刷

148mm×210mm·6.25 印张·248 千字

0 001—5 000 册

标准书号: ISBN 978-7-111-42830-5

ISBN 978-7-89405-089-2 (光盘)

定价: 22.80 元 (含 1MP3)

凡购本书, 如有缺页、倒页、脱页, 由本社发行部调换

电话服务

网络服务

社 服 务 中 心: (010) 88361066

教材网: <http://www.cmpedu.com>

销 售 一 部: (010) 68326294

机工官网: <http://www.cmpbook.com>

销 售 二 部: (010) 88379649

机工官博: <http://weibo.com/cmp1952>

读者购书热线: (010) 88379203

封面无防伪标均为盗版

# 前言

自 2013 年 12 月考试起,全国大学英语四、六级考试委员会将对四、六级考试的试卷结构和测试题型作局部调整。为了帮助考生快速掌握做题技巧,有条不紊地进行复习,编者独具匠心地打造了这本《10 天巧战大学英语 4 级听力》。本书专门为快速提高大学英语四级听力成绩而写,特别针对那些做了很多模拟题但仍然不能提高听力成绩的考生。通过考前 10 天的短期集训,有序地掌握听力解题技巧,分阶段地进行练习,最终达到突破的目的。建议读者按照编者悉心准备的特色学习计划投入一定的时间和精力,考前坚持把这本书研读完毕。

四级考试最新动向

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%
		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	选择填空	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

四级考试新题型的变化可简要用四句话描述:

一是听写改成考查单词短语;二是快速阅读变成段落信息匹配题;三是翻译变成 140~160 字汉译英;四是不再考查完形填空。

## 本书的独特之处

### 1. 内容全面,分类讲解

本书把四级听力复习内容安排在 10 天集中训练。把听力题根据题型分类讲解,涉及短对话、长对话、短文理解以及短文听写,各部分均配以相应的练习题,习题均附有标准答案、听力原文和解题思路,使考生在考前能有序、高效

地对听力题进行复习准备。

## **2. 指点迷津，得心应手**

对于大部分考生来说，听力是四级考试丢分最多的题型。很多学生听不懂听力材料，究其原因，或是由于心理紧张、缺乏听力训练、知识面有限或文化背景知识匮乏，或是不了解听力考试中的一些解题技巧。针对这些现象，本书对大学英语四级考试真题的各个测试要点进行了详细的分析，量身定做了许多应试策略和解题技巧，使考生在迎接四级考试时得心应手。

## **3. 笔录技巧，高分过关**

相对市面同类书，本书有个极具特色之处，即为提高答题的准确性引入了听力笔录技巧。此技巧特别适用于掌握长对话、听力短文以及复合听写等篇幅较长的听力文章的细节，更加准确地做出选择，即而提高听力成绩。本书介绍听力笔录方法，提供笔录实例，并附有相关练习题供考生学习巩固，使考生迅速掌握听力笔录技巧，轻松应对听力考试，高分过关。

## **4. 直观排版，层次分明**

本书排版清晰明确，一目了然，避免考生因视觉疲劳而影响练习的质量。

### **编者寄语**

2012年，四级考试的形式作了调整，如今的6级考试已不再是简单的A、B卷，同一考场会出现多套考题。2013年12月考次起，原复合式听写调整为单词及词组听写。考生们急需熟悉这些调整，我们的书恰恰可以满足这一需要。通过阅读此书，您会发现，备考四级可以如此轻松！希望我们能为大家的英语学习提供一座坚实的桥梁，帮助您走向一个更加美好的明天！

编 者

2013年9月

# 目 录

## 前 言

### 第1天 初识四级听力

- |   |   |
|---|---|
| 1. 掌握纲要 运筹帷幄 .....                      | 1 |
| 2. 对号入座 有的放矢 .....                      | 2 |
| 3. 真题演练 自知之明 (2013 年 12 月四级新题型样题) ..... | 2 |

### 第2天 短对话 (1)

- |                       |    |
|-----------------------|----|
| 1. 熟悉短对话的九大常考场景 ..... | 12 |
| 01 校园生活 .....         | 12 |
| 02 家庭琐事 .....         | 17 |
| 03 职场工作 .....         | 18 |
| 04 气候环境 .....         | 20 |
| 05 医疗健康 .....         | 22 |
| 06 饮食娱乐 .....         | 24 |
| 07 住宿搬家 .....         | 25 |
| 08 旅游交通 .....         | 26 |
| 09 消费购物 .....         | 29 |
| 实战演练 .....            | 29 |
| 答案与解析 .....           | 30 |
| 2. 了解短对话常考的八大句式 ..... | 33 |
| 01 虚拟语气 .....         | 33 |
| 02 反问句式 .....         | 36 |
| 03 比较结构 .....         | 36 |
| 04 转折结构 .....         | 37 |
| 05 否定句式 .....         | 38 |
| 06 推测句式 .....         | 39 |
| 07 请求或建议句式 .....      | 40 |
| 08 强调句式 .....         | 41 |
| 实战演练 .....            | 42 |

答案与解析 .....	43
-------------	----

### 第3天 短对话 (2)

1. 透析短对话的七大常考题型 .....	47
01 行动计划题 .....	47
02 观点态度题 .....	48
03 谈论对象题 .....	49
04 推断预测题 .....	50
05 地点场景题 .....	51
06 身份关系题 .....	52
07 数字信息题 .....	53
实战演练 .....	54
答案与解析 .....	55
2. 掌握短对话听前的六大预测原则 .....	58
01 相同保留原则 .....	58
02 相反保留原则 .....	59
03 同义替换原则 .....	59
04 视听反向原则 .....	60
05 概括抽象原则 .....	61
06 常识原则 .....	61
实战演练 .....	62
答案与解析 .....	63

### 第4天 长对话 (1)

1. 透析长对话的常考三大题型 .....	68
01 主旨题 .....	68
02 细节题 .....	69
03 推理题 .....	69
实战演练 .....	72
答案与解析 .....	73
2. 了解长对话的九大常设题点 .....	75
01 开头处 .....	76
02 结尾处 .....	76
03 问答处 .....	77
04 举例列举处 .....	78
05 建议处 .....	79

06 比较对比处 .....	79
07 数字信息处 .....	80
08 逻辑关系处 .....	81
09 推测处 .....	81
实战演练 .....	82
答案与解析 .....	83

## 第5天 长对话 (2)

1. 掌握长对话的九大听前预测技巧 .....	86
01 各题主题揭示对话主题 .....	86
02 选项均以动词的某种形式开头 .....	88
03 选项中含有表示意愿或建议的词 .....	89
04 选项中含有表示评论或感受的动词 .....	89
05 选项中含有比较结构 .....	90
06 选项均为名词性短语 .....	91
07 与对话主题或其余选项内容不同的选项往往不是答案 .....	92
08 包含其他选项内容的选项往往不是答案 .....	93
09 明显不符常理的选项往往不是答案 .....	93
实战演练 .....	94
答案与解析 .....	95
2. 熟悉边听边记的三大技巧 .....	98
01 利用数学符号 .....	99
02 利用数字和其他固定符号 .....	99
03 创造自己的速写符号 .....	99
实战演练 .....	101
答案与解析 .....	102

## 第6天 短文理解 (1)

1. 题材与题型 .....	106
01 人物传记类 .....	106
02 小故事类 .....	106
03 社会现象、社会热点问题 .....	106
04 科普类 .....	107
05 文化与习俗 .....	107
06 主旨题 .....	107
07 细节题 .....	108



08 推断题 .....	109
2. 提高短文理解能力的利器——做笔记 .....	110
01 做笔记的基本方法 .....	110
02 做笔记的技巧 .....	111
03 做笔记要注意的问题 .....	112
实战演练 .....	115
答案与解析（附笔录） .....	117

## 第7天 短文理解（2）

01 设题规律 .....	128
02 锁定文章开头 .....	128
03 锁定文章结尾 .....	129
04 锁定比较处 .....	129
05 锁定频率处 .....	130
06 锁定因果处 .....	130
实战演练 .....	131
答案与解析（附笔录） .....	134

## 第8天 短文理解（3）

01 解题技巧 .....	144
02 主观判断题 .....	144
03 客观判断题 .....	144
04 预测试题题型 .....	145
05 记录事实细节 .....	145
06 抓住主题句 .....	146
07 确定关键词 .....	147
08 听清问题选择答案 .....	147
实战演练 .....	147
答案与解析（附笔录） .....	150

## 第9天 短文听写（1）

1. 熟悉短文听写的常见体裁与永恒主题 .....	160
2. 了解短文听写的考点设置 .....	160
01 短语限制语 .....	161
02 惯用表达与句型 .....	161
3. 完胜短文听写前七个单词的技巧 .....	162

01 短文听写前七题设计规律 .....	162
02 做题技巧 .....	163
① 一心二用 .....	163
② 偷工减料 .....	164
③ 精益求精 .....	164
实战演练 .....	165
答案与解析 .....	168

## 第10天 短文听写 (2)

1. 三个短语听力题的完胜技巧 .....	173
01 听之前 .....	173
02 听之时 .....	174
03 听之后 .....	176
2. 熟记短文听写“高频词” .....	177
01 一听就错的词 .....	177
02 一写就错的词 .....	180
3. “欲盖弥彰”句型篇 .....	180
实战演练 .....	181
答案与解析 .....	185

# 第1天 初识四级听力

## 1. 掌握纲要 运筹帷幄

听力理解部分测试学生获取口头信息的能力。根据大学英语四级考试大纲(2006年修订版),大学英语在改革后听力理解部分的分值比例从原来的20%提高至35%;增加了长对话听力理解测试,复合式听写由原来的备选题型改为必考题型。2013年12月考试起,复合式听写改为单词及短语听写。录音材料用标准的英式或美式英语朗读,语速约为每分钟130词。考试时间30分钟。

对话部分包括8组短对话和2组长对话,话题包括日常的话题以及与校园生活有关的话题。每段对话均朗读一遍,每个问题后留有15秒的答题时间。

短文理解部分由三篇短文组成,每篇字数为200~250,只读一遍,然后提问3~4题,每个问题后留有15秒的答题时间。考题有主旨题、细节题等。考查考生的整体的听力理解能力和在听的同时能否把细节记住的能力。

短语听写考查考生从词汇到语篇层面的听力理解能力。这部分短文字数一般在200~250之间,全文共读三遍,要求考生根据听到的内容把短文中所缺词和信息补全。第一和三遍朗读速度是正常速度,第二遍用较慢的速度朗读。复合式听写的难度在于考生对词汇掌握熟练程度和综合概括的能力。

四级听力试题内容题型分值和答题时间一览表:

听力理解	测试内容		题型	分值比例		答题时间
Part II	对话	短对话	选择题	8%	35%	30 分钟
		长对话	选择题	7%		
	短文	短文理解	选择题	10%		
		短文听写	单词及词组听写	10%		

## 2. 对号入座 有的放矢



在大学英语四级考试中,最困扰考生的就是听力理解。造成失分的原因很多,听不懂原文是首要原因,显示出考生基础差、词汇量小,对基本语句结构不熟悉。反应慢、跟不上考试速度,则显示出考生平时听的量不够。听懂了,但细节记不下来,显示出考生笔录能力差,没有在听的同时记笔记的习惯。最后,注意力不能集中,显示出考生应试的心理素质有待提高。

希望提高听力分数的考生可以对号入座,看看自己是哪方面的问题,利用本书提供的练习和讲解,对症下药,有的放矢地进行训练,必有收获。

下面先做一套我们为大家精选的四级真题,找出问题所在。

## 3. 真题演练 自知之明(2013年12月四级新题型样题)



### Part II

### Listening Comprehension

(30 minutes)

#### 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 1** with a single line through the centre.

注意:此部分试题请在答题卡1上作答。

- A) The man has left a good impression on her family.  
 B) The man's jeans and T-shirts are stylish.  
 C) The man should buy himself a new suit.  
 D) The man can dress casually for the occasion.
- A) Its price.  
 B) Its comfort.  
 C) Its location.  
 D) Its facilities.
- A) It is a routine offer.  
 B) It is quite healthy.  
 C) It is new on the menu.  
 D) It is a good bargain.
- A) Read the notice on the window.  
 B) Board the bus to Cleveland.  
 C) Go and ask the staff.  
 D) Get a new bus schedule.
- A) He is ashamed of his present condition.

- B) He is careless about his appearance.  
C) He changes jobs frequently.  
D) He shaves every other day.
6. A) The woman had been fined many times before.  
B) The woman knows how to deal with the police.  
C) The woman had violated traffic regulations.  
D) The woman is good at finding excuses.
7. A) She got hurt in an accident yesterday.  
B) She has to go to see a doctor.  
C) She is black and blue all over.  
D) She stayed away from work for a few days.
8. A) She will ask David to talk less.  
B) She will meet the man halfway.  
C) She is sorry the man will not come.  
D) She has to invite David to the party.

**Questions 9 to 11 are based on the conversation you have just heard.**

9. A) Beautiful scenery in the countryside.  
B) A sport he participates in.  
C) Dangers of cross-country skiing.  
D) Pain and pleasure in sports.
10. A) He can't find good examples to illustrate his point.  
B) He can't find a peaceful place to do the assignment.  
C) He can't decide whether to include the effort part of skiing.  
D) He doesn't know how to describe the beautiful country scenery.
11. A) New ideas come up as you write.  
B) Much time is spent on collecting data.  
C) A lot of effort is made in vain.  
D) The writer's point of view often changes.

**Questions 12 to 15 are based on the conversation you have just heard.**

12. A) Having her bicycle repaired. C) Lecturing on business management.  
B) Hosting an evening TV program. D) Conducting a market survey.
13. A) He repaired bicycles. C) He worked as a salesman.  
B) He coached in a racing club. D) He served as a consultant.
14. A) He wanted to be his own boss.  
B) He didn't want to be in too much debt.  
C) He didn't want to start from scratch.

- D) He found it more profitable.
15. A) They are all the man's friends. C) They are paid by the hour.  
B) They work five days a week. D) They all enjoy gambling.

## 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 1 with a single line through the centre.*

注意：此部分试题请在答题卡 1 上作答。

### Passage One

**Questions 16 to 18 are based on the passage you have just heard.**

16. A) They shared mutual friends in school.  
B) They had many interests in common.  
C) They shared many extracurricular activities.  
D) They had known each other since childhood.
17. A) At a local club. C) At the boarding school.  
B) At Joe's house. D) At the sports center.
18. A) Durable friendships can be very difficult to maintain.  
B) One has to be respectful of other people in order to win respect.  
C) Social divisions will break down if people get to know each other.  
D) It is hard for people from different backgrounds to become friends.

### Passage Two

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

19. A) The art of Japanese brush painting. C) Characteristics of Japanese artists.  
B) Some features of Japanese culture. D) The uniqueness of Japanese art.
20. A) To calm themselves down. C) To show their impatience.  
B) To enhance concentration. D) To signal lack of interest.
21. A) How speakers can misunderstand the audience.  
B) How speakers can win approval from the audience.  
C) How listeners in different cultures show respect.  
D) How different Western and Eastern art forms are.

### Passage Three

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

22. A) They mistake the firefighters for monsters.

- B) They do not realize the danger they are in.  
C) They cannot hear the firefighters for the noise.  
D) They cannot see the firefighters because of the smoke.
23. A) He teaches Spanish in a San Francisco community.  
B) He often teaches children what to do during a fire.  
C) He travels all over America to help put out fires.  
D) He provides oxygen masks to children free of charge.
24. A) He is very good at public speaking.  
B) He rescued a student from a big fire.  
C) He gives informative talks to young children.  
D) He saved the life of his brother choking on food.
25. A) Kids should learn not to be afraid of monsters.  
B) Informative speeches can save lives.  
C) Carelessness can result in tragedies.  
D) Firefighters play an important role in America.

### 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 with the exact words you have just heard. Finally, when the passage is read for the third time, you should check what you have written.*

注意：此部分试题请在答题卡1上作答。

Almost every child, on the first day he sets foot in a school building, is smarter, more 26, less afraid of what he doesn't know, better at finding and 27, more confident, *resourceful* (机敏的), persistent and 28 than he will ever be again in his schooling — or, unless he is very unusual and very lucky, for the rest of his life. Already, by paying close attention to and 29 the world and people around him, and without any school-type formal instruction, he has done a task far more difficult, complicated and 30 than anything he will be asked to do in school, or than any of his teachers has done for years. He has solved the 31 of language. He has discovered it — babies don't even know that language exists — and he has found out how it works and learned to use it 32. He has done it by exploring, by experimenting, by developing his own model of the grammar of language, by 33 and seeing whether it works, by gradually changing it and 34 it until it does work. And while he has been doing this, he has been learning other things as well, including many of the “ 35 ” that the schools think only they can teach him, and

many that are more complicated than the ones they do try to teach him.

## Tape Script of Listening Comprehension

### 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 1 with a single line through the centre.*

1. M: Finally I've got the chance to put on my new suit tonight. I hope to make a good impression on your family.  
W: Come on, it's only a family reunion. So jeans and T-shirts are just fine.  
Q: What does the woman mean?
2. W: From here, the mountains look as if you could just reach out and touch them.  
M: That's why I chose this lodge. It has one of the best views in Switzerland.  
Q: What is the man's chief consideration in choosing the lodge?
3. M: Miss, can I interest you in the pork special we're serving tonight? It's only \$7.99, half the usual price, and it's very tasty.  
W: Oh, really? I'll try it.  
Q: What does the man say about the dish?
4. W: This crazy bus schedule has got me completely confused. I can't figure out when my bus to Cleveland leaves.  
M: Why don't you just go to the ticket window and ask?  
Q: What does the man suggest the woman do?
5. M: Shawn's been trying for months to find a job. But I wonder how he could get a job when he looks like that.  
W: Oh, that poor guy! He really should shave himself every other day at least and put on something clean.  
Q: What do we learn about Shawn?
6. M: Why didn't you stop when we first signaled you at the crossroads?  
W: Sorry, I was just a bit absent-minded. Anyway, do I have to pay a fine?  
Q: What do we learn from the conversation?
7. W: My hand still hurts from the fall on the ice yesterday. I wonder if I broke something.  
M: I'm no doctor, but it's not black and blue or anything. Maybe you just need to



rest it for a few days.

Q: What do we learn about the woman from the conversation?

8. M: I really can't stand the way David controls the conversation all the time. If he's going to be at your Christmas party, I just won't come.

W: I'm sorry you feel that way, but my mother insists that he come.

Q: What does the woman imply?

### Conversation one

M: Hello, Professor Johnson.

W: Hello, Tony. So what shall we work on today?

M: Well, the problem is that this writing assignment isn't coming out right. What I thought I was writing on was to talk about what a particular sport means to me — one I participate in.

W: What sport did you choose?

M: I decided to write about cross-country skiing.

W: What are you going to say about skiing?

M: That's the problem. I thought I would write about how peaceful it is to be out in the country.

W: So why is that a problem?

M: As I start describing how quiet it is to be out in the woods, I keep mentioning how much effort it takes to keep going. Cross-country skiing isn't as easy as some people think. It takes a lot of energy. But that's not part of my paper, so I guess I should leave it out. But now I don't know how to explain that feeling of peacefulness without explaining how hard you have to work for it. It all fits together. It's not like just sitting down somewhere and watching the clouds roll by. That's different.

W: Then you'll have to include that in your point. The peacefulness of cross-country skiing is the kind you earn by effort. Why leave that out? Part of your point you knew beforehand, but part you discovered as you wrote. That's common, right?

M: Yeah, I guess so ...

### Questions 9 to 11 are based on the conversation you have just heard.

9. What is the topic of the man's writing assignment?

10. What problem does the man have while working on his paper?

11. What does the woman say is common in writing papers?

### Conversation Two

W: Good evening, and welcome to this week's "Business World," the program for and about businesspeople. Tonight we have Mr. Steven Kane who has just taken