

主编 韩伟

# 大学英语 四级听力实训



国防工业出版社

National Defense Industry Press

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主编 韩伟



## College English



## listening

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## 内 容 简 介

《大学英语四级听力实训》由 30 个单元组成,每个单元分为 3 个部分。

第一部分(Listening in):四级听力模拟训练,包括 8 个短对话,2 个长对话,三篇短文理解和一篇复合式听写。题型分布与题目数量与四级考试完全一致,难度与四级考试相仿。

第二部分(Dictation):听写一篇 100 字左右的短文。本部分的录音会播放 4 遍,第一遍,常速,学生理解大意;第二遍和第三遍,每句有停顿,学生写答案;第四遍,常速,自我检查。

第三部分(Fun Time):用于课外扩展的音频及视频材料。

本书具有鲜明的特色,它为学生独立学习提供一个良好的平台,也是学生备考四、六级考试的必要材料。它具有紧扣大纲,针对性强、选材科学,剪表性强、使用方便,剪表性强、匠心独具,趣味性强的特点。

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# 《大学英语四级听力实训》

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## PREFACE

为了适应我国高等教育新的发展形势,深化教学改革,提高教学质量,教育部颁布了《大学英语课程教学要求》。新“要求”提出培养学生的英语综合应用能力,特别是听说能力,使其能在今后的工作和社会交往中用英语有效地进行口头和书面信息的交流。为了体现新的教学要求的精神,全国大学英语四、六级考试也进行了相应的调整,从考试内容到题型都有了重大变化,2013年大学英语四六级考试再次进行了改革,其中听力部分题型也进行了微调。

现行题型的听力部分分值比重达到了35%。总体而言,听力难度较大,对考生提出了较高的要求。因此,学习者更应该注意语言基本功,从提高实际英语能力出发,循序渐进,切实打下良好的听力基础。

### 一、大学英语四级等级考试听力简介

新四级考试的听力部分是整个试卷的第三部分,在写作之后,过程为35分钟左右。整个部分的分值占总成绩的35%,具体情况如下表所示。

测试内容		测试形式	读音遍数	分值比例
对话	短对话8个	选择/8题	1遍	8%
	长对话2个	选择/7题	1遍	7%
短文	短文理解3篇	选择/10题	1遍	10%
	复合式听写1篇	填空/10个单词或词组	3遍	10%

### 二、听力技巧简介

#### (一) 影响学生听力理解的主要因素

- (1) 语音:很多学生自身发音不够准确,这对其辨别听到的内容构成了很大的障碍。
- (2) 语速:由于大多数老师在课堂上授课语速较慢,学生接触的听力材料又不够多,

所以遇到较快语速的听力材料,适应起来有一定的困难。

(3) 语法:学生自身语法基础的薄弱会影响其对听力材料的理解。

(4) 词汇:学生英语词汇量的大小及掌握的熟练程度,也是影响其听力水平的一个因素。

(5) 文化差异:不少学生缺乏对西方文化背景知识的了解,如习语、典故等,听力理解过程中也会有一定困难。

(6) 心理因素:紧张、焦虑、恐惧等心理状态会对听力理解造成较大的影响。

## (二) 听力技巧

(1) 听前:浏览 + 预测。

在录音播放之前,抓紧时间浏览给出的选项和文字材料,并尽量从中发现一些背景信息和解题线索,这对之后的解题有很大的帮助。

(2) 听中:抓住主题和关键。

在整个听音过程中,要尽量全神贯注,沉着应战。在听懂大意的基础上,抓住重点,并力求快速记录一些关键词或重要信息。

(3) 听后:辨别异同,果断作答。

听完后,根据记忆和记录,快速在选项中寻找符合原文的一项,不要反复犹豫,应尽量果断。

## 三、教材的构成与特点

### (一) 构成

本书由 30 个单元组成,每个单元分为 3 个部分。

第一部分(Listening in):四级听力模拟训练,包括 8 个短对话,2 个长对话,3 篇短文理解和 1 篇复合式听写。题型分布和题目数量与四级考试完全一致,难度与四级考试相仿。

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第三部分(Fun Time):用于课外扩展的音频及视频材料。

## (二) 特点

本书具有鲜明的特色,它为学生独立学习提供了一个良好的平台,也是学生备考四、六级考试的必要材料。

(1) 紧扣大纲,针对性强。本书形式上完全贴合四、六级题型,包括短对话、长对话、短文和复合式听写,可供学生模拟练习和实战训练。

(2) 选材科学,代表性强。本书内容涉及日常生活、社会习俗、体育、教育、历史、文化、经济、法律以及科学技术等方面,使考生能够在备考过程中有的放矢,事半功倍。

(3) 使用方便,操作性强。本书提供免费的录音文件,学习者可在电脑上使用,也可使用 MP3 收听。

(4) 匠心独具,趣味性强。本书的编写体系别具一格,除了四级模拟实战练习外,还特别增加了段落听写与课外扩展听力内容。所选段落多来自经典美文、励志短文、名人演讲等,课外扩展听力部分收编了能够激发学生兴趣的音频及视频材料,让学生在紧张学习之余也享受英语学习带来的乐趣。

编写教材的过程中,编者得到很多一线教师及外籍教师 Kim 的无私帮助,在此深表感谢。另外,由于编者水平有限,书中难免有疏漏之处,恳请广大读者和同行不吝赐教。

编者

2014 年 4 月

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## 第一章 听力实训

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# Unit 1

## Part I Listening in

### 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.

1. A) Most people killed in the traffic accident are heavy drinkers.  
B) She doesn't agree with the man.  
C) Drunk drivers are not guilty.  
D) People should pay more attention to the danger of drunk driving.
2. A) They're happy Maria is playing it again.  
B) They are both very tired of it.  
C) The man likes to listen to it often.  
D) The woman has never heard it before.
3. A) It is a pity that the man's wife can't go shopping.  
B) It is unfair that the man's wife should stay at home.  
C) It is impossible to repair the line again.  
D) It is not the first time that the phone has had problems.
4. A) She phoned Fred about the book.  
B) She was late for the appointment.  
C) She ran into Fred on her way here.  
D) She often keeps other people waiting.
5. A) She is worried about long hours of work.  
B) The boss is not considerate.  
C) She is worried about her safety traveling to and from work at night.  
D) The boss pushes her very hard to accept the post.
6. A) Sign a contract.  
B) Work out a plan.

- C) Take an interview.  
D) Apply for a job.
7. A) He is not equal to the job.  
B) He is not well paid for his job.  
C) He doesn't think the job is challenging enough.  
D) He cannot keep his mind on his work.
8. A) Because he doesn't like to eat outdoors.  
B) Because he prefers to eat with a knife and fork.  
C) Because he has to eat with his hands.  
D) Because he hates hamburgers and salads.

**Questions 9 to 12 are based on the conversation you have just heard.**

9. A) Buying a car. B) Selling car insurance.  
C) Renting a car. D) Repairing a car.
10. A) Health insurance. B) Life and accident insurance.  
C) Car insurance. D) Fire insurance.
11. A) His driving license and credit card. B) His insurance policy and credit card.  
C) His ID card and credit card. D) His driving license and insurance policy.
12. A) To get the service early. B) To choose the model he likes.  
C) To get unlimited mile. D) To get a discount and some free drive.

**Questions 13 to 15 are based on the conversation you have just heard.**

13. A) Because she was interested in computer science.  
B) Because she really had talent in computer science.  
C) Because she thought it would be easier to find a well-paid job in that area.  
D) Because she loved information technology.
14. A) Because she adopted her tutor's advice.  
B) Because she was too busy.  
C) Because she didn't have talent in arts.  
D) Because she really disliked arts.
15. A) Every week. B) Every two weeks.  
C) Every month. D) Every night.

## 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).

### Passage One

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

16. A) To chat with an assistant in a bookshop.  
B) To take a walk in the streets.  
C) To make some appointment in a bookshop.  
D) To stay reading books of various kinds in a bookshop.
17. A) On your entering the shop.  
B) Just before you finish reading.  
C) Only when you want to find out where a particular section is.  
D) When you are reading.
18. A) Time spent in a bookshop can be enjoyable only for book-lovers.  
B) There are only a few places where it is possible to escape the realities of life.  
C) People go to bookshops to buy books.  
D) A book with an attractive design must be interesting.

### Passage Two

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

19. A) It is quite new.  
B) It is very dangerous.  
C) It is quite safe.  
D) It is traditional.
20. A) Mountain climbing.  
B) Hiking.  
C) Trail riding.  
D) Fishing.
21. A) Their interest in physical activities.  
B) Their interest in dangerous experiences.  
C) Their interest in nature and outdoor activities.  
D) Their interest in tourist sites.

### Passage Three

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

22. A) Touring.  
B) Traveling for business.  
C) On vacation.  
D) Writing.
23. A) Commercial, transient and vacation hotels.  
B) Transient, vacation and resort hotels.  
C) Transient, resort and residential hotels.  
D) Vacation, resort and residential hotels.
24. A) About 13,000.  
B) About 30,000.  
C) About 300,000.  
D) About 3,000.

25. A) It is a small single room.  
 B) It is meant for the use of one person.  
 C) It is meant for the use of two people.  
 D) It is meant for the use of a group of persons traveling together.

### 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.

Instructors at American colleges and universities use many different teaching methods. Some instructors give (26) \_\_\_\_\_ every day. They grade homework. Students in their classes have to take many (27) \_\_\_\_\_, and a midterm exam. Other instructors give only writing tasks. Some teachers always follow a course (28) \_\_\_\_\_ and usually use the textbook. Others send students to the library for their work and ask them to make (29) \_\_\_\_\_ in class.

The (30) \_\_\_\_\_ in some classroom is very formal. Students call their instructors "Professor Smith", "Mrs. Jones", and so on. Some teachers wear business clothes and give lectures. Other classrooms have an (31) \_\_\_\_\_ style. Students and teachers discuss their ideas. Instructors dress (32) \_\_\_\_\_, and students call them by their first names, and American teachers are not alike in their teaching styles.

At most American colleges and universities, students have easy access to (33) \_\_\_\_\_ for learning and recreation. Students can often use typewriters, tape recorders, video machines, and computers at labs and learning centers. Books, notebooks, and other things are (34) \_\_\_\_\_ at campus stores. They can get advice on their problems from (35) \_\_\_\_\_ and individual help with their classes from tutors. Students can relax and have fun on campus, too. Some schools have swimming pools and tennis courts. Most have snack bars or cafeterias.

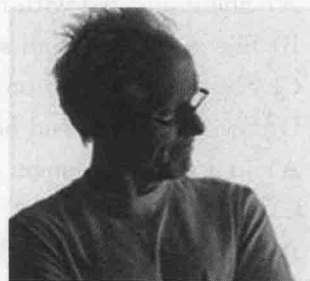
## Part II Dictation

**Directions:** 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 2 minutes to check through your work once more.

### Part III Fun Time

**You are going to hear a speech by Richard St. John on success.**

A self-described average guy who found success doing what he loved, Richard St. John spent more than a decade researching the lessons of success and distilling them into 8 words, 3 minutes and one successful book. In his books and talks, he shares a wealth of wisdom from the world's most successful people—knowledge that can help others succeed in their own way, whether it's escaping poverty, building a business, raising a family, or changing the world.



## Unit 2

### Part I Listening in

#### 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.

1. A) She graduated with honors.  
B) She was good at all school subjects.  
C) She decided to go on with her studies.  
D) She decided to end her school life forever.
2. A) In a waiting lounge.                      B) In a hotel room.  
C) In a TV room.                                D) In a coffee bar.
3. A) Things on sale may be worth buying.  
B) Things on sale are not worth buying.  
C) Things on sale are out of style and out of season.  
D) Things on sale are carefully looked over.
4. A) Because the flight is cancelled.  
B) Because the tickets are sold out.  
C) Because there is no flight to Paris on Saturday.  
D) Because there is only one Monday flight to Paris.
5. A) Jim and Bruce copied each other's assignments.  
B) Both of their handwritings are difficult to read.  
C) Jim and Bruce did the assignments by themselves.  
D) John did the assignments for Jim and Bruce.
6. A) He is good at drawing pictures.  
B) He likes painting very much.  
C) He likes visiting the art museum very much.  
D) He thinks the art museum is a very quiet place.



7. A) She'll have some chocolate ice cream.  
B) She'll take a look at the menu.  
C) She'll go without dessert.  
D) She'll have the same dessert as the man.
8. A) It was better than the previous one.  
B) It distorted the mayor's speech.  
C) It exaggerated the city's economic problems.  
D) It reflected the opinions of most economists.

**Questions 9 to 12 are based on the conversation you have just heard.**

9. A) He looked for reference books in the library.  
B) He answered lots of phone calls.  
C) He went to the music festival.  
D) He watched a video.
10. A) A schedule for summer holiday. B) An introduction of musical instruments.  
C) A trip to Spain. D) A music festival.
11. A) 30%. B) 40%. C) 50%. D) 60%.
12. A) Free dinners. B) Free snacks. C) Free gifts. D) Free booklets.

**Questions 13 to 15 are based on the conversation you have just heard.**

13. A) They are talking about a corporate business trip.  
B) They are gossiping about their boss.  
C) They are talking about their colleagues.  
D) They are talking about promotion.
14. A) The team will hold a ceremony in Germany.  
B) The team will have a holiday in Germany.  
C) Candidates for the team will be evaluated very strictly.  
D) Only the leaders can join the team.
15. A) The members will get a salary raise.  
B) The members will have a long holiday.  
C) The members will be praised by the company.  
D) The members will probably get a promotion.

## 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).