

21 世纪高等学校规划教材

大学英语 自主听力训练

艾治琼 主编 刘雪琴 徐林林 刘雪平 副主编
雷雪梅 涂青 赵晴 彭晓蓉 刘明 编 张爱琳 主审

21st Century University
Planned Textbooks



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人民邮电出版社
POSTS & TELECOM PRESS

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北 京

图书在版编目 (C I P) 数据

大学英语自主听力训练 / 艾治琼主编. — 北京 :
人民邮电出版社, 2011. 9
21世纪高等学校规划教材
ISBN 978-7-115-25518-1

I. ①大… II. ①艾… III. ①英语—听说教学—高等
学校—习题集 IV. ①H319.9-44

中国版本图书馆CIP数据核字(2011)第165669号

内 容 提 要

本书由 15 个单元组成, 每个单元包括 Vocabulary, Sentences, Conversations, Passages, Entertainment 5 个部分, 为方便读者学习, 书后还附有参考答案和听力原文。

本书从单词到句子, 从对话到语篇, 语言形式丰富, 练习题材广泛, 让学生从听音到辨音, 从细节信息捕捉到语篇掌握, 注重任务设置的梯度性, 符合学生对新老知识体系的建构规律, 难易度适中, 帮助学生习而有成, 逐步培养和提高英语听力能力。本教材使用对象为高等院校非英语专业本专科学生、低年级研究生及广大英语爱好者。

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责任编辑 刘 博
- ◆ 人民邮电出版社出版发行 北京市崇文区夕照寺街 14 号
邮编 100061 电子邮件 315@ptpress.com.cn
网址 <http://www.ptpress.com.cn>
北京昌平百善印刷厂印刷
- ◆ 开本: 787×1092 1/16
印张: 17.75 2011 年 9 月第 1 版
字数: 401 千字 2011 年 9 月北京第 1 次印刷

ISBN 978-7-115-25518-1

定价: 35.00 元 (附光盘)

读者服务热线: (010)67170985 印装质量热线: (010)67129223
反盗版热线: (010)67171154

前言

从 2006 年起, 全国大学英语四、六级考试进行了历史性改革, 加大了听力理解部分的题量和比例, 听力分值由原来的 20% 增至 35%, 增加了长对话, 复合式听写成为必考题。改革后的考试语速加快, 偏难词汇增多, 对话中的句子加长, 挑战着学生的英语听力能力。然而, 对非英语专业学生而言, 传统的课堂教学学时数有限, 仅仅依靠教师的课堂教学完成听力训练, 并提高学生英语听力水平几乎不可能。所以增强学生的自主学习能力, 让学生进行自主听力训练, 是提高英语听力能力的重要途径。为此, 我们编写了这本《大学英语自主听力训练》。

《大学英语自主听力训练》坚持原声听力语境, 以课内教学与课外自主学习相结合为原则, 以“学生为学习主体和中心”这一教学理念为出发点, 以提高不同程度学生的听力水平为目的, 难度上注意进阶性和终结性相结合, 内容上体现实时性和关切性, 从语音到语篇, 从语篇到题材, 提供不同难度、不同层次、不同形式的基础训练以及精听训练和泛听训练。教材信息量大、知识面广, 能贴近大学生的生活, 紧跟时代的步伐。

本教材共 15 个单元, 每个单元分为 5 个部分。

第一部分: Vocabulary, 包括 Word Dictation 和 Sound Recognition。本部分帮助学生有效扫除听力过程的第一个障碍, 进行语音单项的微技能训练, 把正确拼写、听音、辨音和改进发音作为重要内容, 强调准确性。通过单词听写和语音识别(包含音节省略、弱读、连读和语音同化等常见的口语发音特征识别)练习, 使学生能正确拼写核心词汇, 学会分辨容易混淆的音素、单词和结构, 初步具备听辨的能力。

第二部分: Sentences, 包括 Spot Dictation 和 Sentence Dictation。本部分帮助学生培养英语句群意识, 从短语到句子, 进行块化训练。Spot Dictation 的句子来自于大学英语主干教材内容, 巩固学生对四、六级核心表达和英语句群的掌握; Sentence Dictation 摘选自 VOA 和 BBC, 通过新闻句子的听写, 训练学生的短时记忆能力和信息捕捉能力。

第三部分: Conversations, 包括 Short Conversations 和 Long Conversation。Short Conversations 由 10 个短对话构成, 其中包含四、六级考试热点词汇和典型考点, 帮助学生加深对重点词汇的掌握; Long Conversation 选材广泛, 训练学生的总结、判断、分析、归纳、推理等能力。该部分的技巧策略训练主要包括听大意, 听细节, 听懂言下之意或判断说话人关系等, 让学生熟悉现在的主流考试听力题型。

第四部分: Passages, 包括 Short Passages、Paragraph Dictation 和 Compound Dictation, 此部分强调学生的篇章理解能力。Short Passages 由两篇四级难度的短文构成, 选材紧跟时代, 贴近校园生活; Paragraph Dictation 由一段 30~50 字

左右的段落组成，训练学生对意群、句子和篇章的关联能力；Compound Dictation 选自原声慢速 VOA 和 BBC，该部分进一步强化新闻听力，使学生能听懂慢速 VOA 和 BBC 新闻，能大体辨别各种英语变体。

第五部分：Entertainment，包括 Song for Ear, Movie for Eye 和 Teaser for Brain。此部分通过听歌曲填空、看电影回答问题（此部分可以观看视频也可以听音频）以及猜谜的形式，既培养学生对英语听力的兴趣，也为学生提供了轻松学习的氛围，让学生在情感焦虑弱化的环境中提高语音识别能力和篇章获取信息的能力，有助于消除学生疲劳，提高学生学习英语的积极性，并增强对学生的文化导入，提高语感。

使用说明：

该教材适合本、专科大学生和研究生低年级学生使用，建议结合主干教材，主张课内教学与课外自主有机结合：课内教学重点训练听力技巧和听力策略，解决学生在听的时候可能遇到的困难和障碍，通过教师个性化的引导、辅导和监督，让学生的课后自主学习更为有效，优化学习效果，提高听力能力；课外的自主训练是学生运用在课堂上习得的听力技巧及策略的过程。通过各种听力微技能的训练，使不同起点不同水平的学生在一定策略和技巧帮助下，得到听力信息的最佳输入量和理解的最大准确度。

最后，衷心感谢参与教材编写的工作人员，他们全是来自重庆邮电大学教学一线的优秀教师，具体编写任务如下：

刘雪琴负责 Long Conversation 和 Paragraph Dictation；雷雪梅负责 Compound Dictation；徐林林负责 Vocabulary, Song for Ear, Movie for Eye；涂青负责 Spot Dictation 和 Sentence Dictation（部分）；赵晴负责 Short Conversations, Short Passages, Sentence Dictation（部分）和 Teaser for Brain；张爱琳和彭晓蓉负责审稿；刘雪平协助教材的编审、校稿，内容版式设计、音视频的录音和剪辑等工作；刘明负责汇总整理；本教材由来自 California 的 Jerry Ruth 和 Heidi Ruth 录制（Compound Dictation 除外）。

由于编者水平和时间有限，书中不足之处欢迎广大读者指正。

《大学英语自主听力训练》编委会

2011 年 6 月

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Unit One

Part I**Vocabulary****Section I Word Dictation**

Directions: In this section, you will hear 10 words, and each word will be read twice. Please write down the exact words you hear.

- | | | | | |
|----------|----------|----------|----------|-----------|
| 1. _____ | 2. _____ | 3. _____ | 4. _____ | 5. _____ |
| 6. _____ | 7. _____ | 8. _____ | 9. _____ | 10. _____ |

**Section II Sound Recognition**

Directions: In this section, you will hear another 10 words, and each word will be read twice. Please choose the correct one correspondingly.

- | | | | |
|---------------------|----------------------|----------------------|---------------------|
| 1. split / spit | 2. adopt / adapt | 3. exploit / explode | 4. spill / spell |
| 5. device / devise | 6. retail / retain | 7. violent / violet | 8. neutral / mutual |
| 9. virtue / virtual | 10. attract / attack | | |

Part II**Sentences****Section I Spot Dictation**

Directions: In this section, you will hear 2 sentences, and each sentence will be read twice. Please write down the missing part in the blank.

1. In fact, no human relationship can survive without the _____.
2. The saying "Forgive and forget" may _____, but it's as shallow as it is short.



Section II Sentence Dictation

Directions: In this section, you will hear 4 sentences, and each sentence will be read three times. Please write down the whole sentence in the blank.



1. _____



2. _____



3. _____



4. _____

Part III

Conversations



Section I Short Conversations

Directions: In this section, you will hear 10 short conversations. At the end of each conversation, a question will be asked about what was said. Both the conversation and the question 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 choose the right answer to each question.

1. A) The man went to Australia during Christmas.
 B) The man didn't have a good time because of the different weather.
 C) The man visited Australia during the summer vacation.
 D) The man remained home while his parents went to see his uncle.

2. A) The man did most of the talking.
B) The man and the woman robbed the bank.
C) The man and the woman had dark hair.
D) The woman was wearing a black sweater.
3. A) The man didn't want the woman to have her hair cut.
B) The woman is wearing long hair now.
C) The woman followed the man's advice.
D) The man didn't care if the woman had her hair cut or not.
4. A) Mary has never studied mathematics.
B) Mary must be good at mathematics.
C) Mary probably is poor at mathematics.
D) Mary enjoys learning mathematics.
5. A) They're talking about nice children.
B) The woman lives in a nice house.
C) The man has a house for sale.
D) The man has three children.
6. A) The man wants to attend tomorrow's show.
B) There aren't any tickets left for tomorrow's show.
C) There aren't any tickets left for tonight's show.
D) The man doesn't want to attend tomorrow's show.
7. A) The woman doesn't want to spend Christmas with the man.
B) The woman is going home for Christmas party.
C) The woman is going to spend Christmas abroad.
D) The woman has not been invited to the Christmas party.
8. A) The woman does not want to go to the movies.
B) The woman wants to go to the movies.
C) The man is too tired to go to the movies.
D) The man wants to go out for dinner.
9. A) John missed a test.
B) John has stolen a car.
C) John has kept his job.
D) John was called a thief.
10. A) Margaret wanted to return some magazines to the woman.
B) Margaret wanted to lend some magazines to the woman.
C) Margaret wanted to get some magazines back from the woman.
D) Margaret wanted to borrow some magazines from the woman.



Section II Long Conversation

Directions: In this section, you will hear a long conversation. At the end of the conversation, some questions will be asked about what was said. Both the conversation and 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 choose the right answer to each question.

Questions 1 to 4 are based on the conversation you have just heard.

1. A) At the beginning of the semester.
B) In the mid of the semester.
C) At the end of the semester.
D) Summer vacation.
2. A) Rock Concert.
B) Cinema.
C) Shopping center.
D) Bank.
3. A) Her parents are rich.
B) She takes part-time job.
C) She wins scholarship.
D) She borrows money from her friends.
4. A) Classmates.
B) Employer and employee.
C) Teacher and student.
D) Shop owner and customer.

Part IV

Passages



Section I Short Passages

Directions: In this section, you will hear 2 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 read the four choices marked A), B), C), and D), and decide which is the best answer, then choose the right answer to each question.

Questions 1 to 3 are based on the passage you have just heard.

1. A) He missed the appointment.
B) He was sick.
C) He arrived late.
D) He was very busy.
2. A) He was busy sightseeing.
B) He couldn't reach Mr. Jordan's office.
C) He didn't want to take the trouble making it.
D) He didn't want to see Mr. Jordan any more.
3. A) The trip didn't do any good to his health.
B) The trip was enjoyable but not fruitful in terms of business.
C) The trip was a complete disappointment.
D) The trip made it possible for him to meet many interesting people.

Questions 4 to 6 are based on the passage you have just heard.

4. A) Watching traditional plays.
B) Boating on the river.
C) Visiting the magnificent libraries.
D) Cycling in narrow streets.
5. A) There are many visitors there.
B) There are many students there.
C) There are many bicycles there.
D) There are many old streets there.
6. A) He thinks the city is too crowded.
B) He thinks the streets are too narrow.
C) He likes the place very much.
D) He admires the comfortable life of the students there.



Section II Paragraph Dictation

Directions: In this section, you will hear a short passage three times. When the passage is read for the first time, you should listen carefully for its general idea. During the second time, the

passage will be read sentence by sentence with proper intervals and you are required to write down the whole passage. Finally, when the passage is read for the third time, you should check what you have written.





Section III Compound Dictation

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 numbered from 1 to 8 with the exact words you have just heard. For blanks numbered from 9 to 11, you are required to fill in the missing information. For these blanks, you can either use the exact words you have just heard or write down the main points in your own words. Finally, when the passage is read for the third time, you should check what you have written.

Do-It-Yourself: Preparing Fish for Drying or Smoking

Begin with fish that are just out of the water. If the fish are small, leave their heads on. Cut off the heads if the fish are longer than twenty centimeters or weigh more than one hundred fifteen grams.

Now clean the (1)_____ caught fish. Cut off the scales and cut open the (2)_____. Remove everything inside. Then wash the fish in clean water and rub salt into them. Next, put the fish in a container with a (3)_____ of three hundred grams of salt and one liter of water. This will remove the (4)_____ from the meat. Keep the fish in the saltwater for about thirty minutes. After that, wash them again in clean water. Next, put the fish in a solution that has more salt in the water. The water should be (5)_____ enough so that the fish (6)_____ to the top. If the fish sink to the (7)_____ of the container, add more salt to the water.

(8)_____ the container with a clean piece of wood. Place a heavy stone on the wood to hold it down. Leave the fish there for about six hours. After that, remove them from the saltwater and place them on a clean surface. (9)_____.

We are not done yet. We will discuss the next steps in drying fish next week. We will also describe the smoking process.

Another method of preparing fish is called dry salting. (10)_____.
After cleaning the fish, put a few of them on the bottom of the box or basket. Cover them with salt, then put more fish on top. Cover them also with salt. (11)_____.

Part V

Entertainment



Section I English Song for Ear

Directions: Listen to the song and fill in the blanks.

Enrique Iglesias, born in Madrid in 1975, now is a famous pop singer, with 12 singles ranking among the Billboard Top 100. ***Don't Turn off the Lights*** is from the album ***Escape***, and is used as the background music for a football program in CCTV 5.

Don't Turn off the Lights

Enrique Iglesias

①

(1)_____

What this is all about

'Cause baby half the fun is in us

Figuring it all out

②

So why you gotta ask me

(2)_____

'Cause I don't like to question

What I still haven't found, ooh yeah

③

So don't turn off the lights

I don't wanna be in the dark tonight

'Cause I can't (3)_____

I need to know if what I'm doing is right

④

So don't turn off the lights

So don't turn off the lights

⑤

So tell me how we're gonna get there

(4)_____

But if we (5)_____, oh yeah, yeah

We'll end up on (6)_____, ooh yeah

Repeat ③ - ④

If you could know what I'm feeling

Would you run and where would you go

If you want to know what (7)_____

Then just turn on the lights and you'll know

Repeat ③

So don't turn off the lights

Repeat ③ - ④

Don't turn off the lights

Don't turn off the lights

Don't turn off the lights

Don't turn off the lights

Notes:

gotta 必须 (美俚)

wanna 希望 (美俚)

gonna 将要 (美俚)