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Education

TOEFL
LISTENING

攻克

托福听力

金盘宝典

Roberta Steinberg

[美]罗伯塔·斯坦伯格 / 著
祁连山 吴艳 李晏锋 / 编译

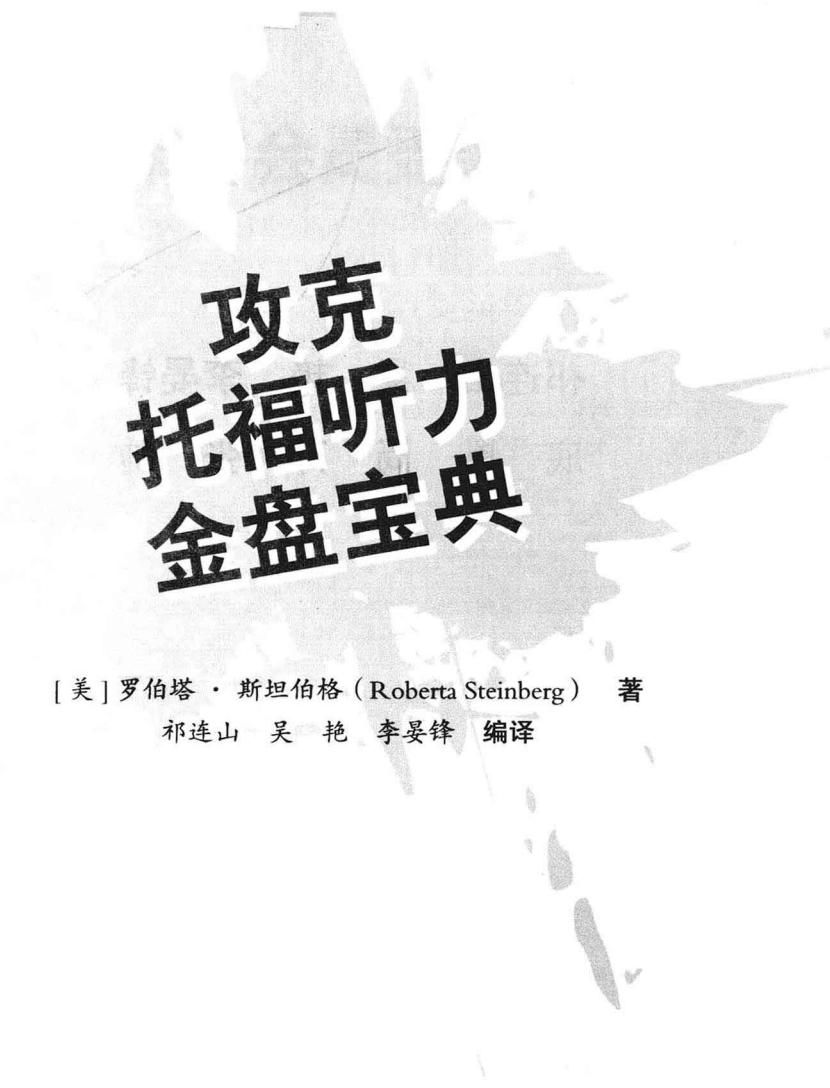
McGraw-Hill's Conquering
the TOEFL Listening
Section for your iPod

20个讲座, 160段对话
按难度、主题和关键词分类
考试场景全真再现

中国人民大学出版社



Mc
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攻克 托福听力 金盘宝典

[美] 罗伯塔·斯坦伯格 (Roberta Steinberg) 著

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目 录

◎ 第一章 使用说明	1
(一) 使用向导	3
(二) 应试策略	7
(三) 示例分析	11
◎ 第二章 听力习题集	19
(一) 讲座及长对话	20
(二) 短对话	61
(三) 习题答案	140
◎ 第三章 常用习语翻译注解	145



第一章

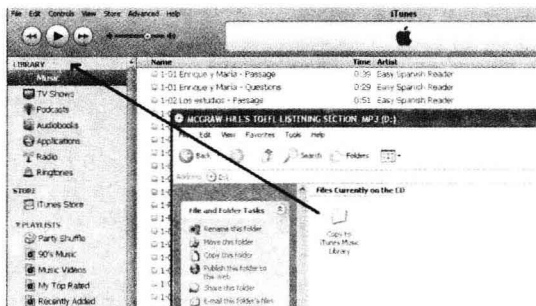
使用说明

CONQUERING
THE
TOEFL
LISTENING
SECTION



How to Load Your McGraw-Hill's Conquering the TOEFL Listening Section for Your iPod onto Your iPod

1. Open iTunes on your computer.
2. Insert the disk into your computer.
3. Open the disk via My Computer.
4. Drag the folder "Copy to iTunes Music Library" into "My Music" in the iTunes menu.



Note: For PC users, you may need to enable this by selecting Edit > Preferences > Advanced and check "Copy files to iTunes folder" when adding to the library. Alternatively, first copy the folder to your hard drive and then to your Music Library.

5. Sync your iPod with iTunes. If you manually sync your iPod, see below for guidance on simplifying this process for the dictionary files.
6. Eject your iPod.
7. Locate the dictionary on your iPod by following this path:
Main menu: Music
Music menu: Artists
Artist menu: TOEFL Listening: By Topic
TOEFL Listening: By Level
TOEFL Listening: Key Expressions

(一) 使用向导



如何将麦克劳·希尔的 iPod 版《攻克托福听力金盘宝典》的听力部分下载到你的 iPod。

1. 打开你电脑上的“iTunes”。
2. 将光盘插入你的电脑。
3. 通过“我的电脑”打开光盘。
4. 将“复制到 iTunes 音乐图书馆”文件夹拖到 iTunes 菜单下的“我的音乐”。



注意：对于电脑用户，你可能需要通过选择“编辑 > 偏好 > 高级”来启动这项功能，并且需要在添加到音乐库时，检查“复制文件到 iTunes 文件夹”。也可以首先将文件夹复制到你的硬盘，然后再复制到你的音乐图书馆。

5. 将你的 iPod 与 iTunes 同步。如果你采用手动操作方式同步你的 iPod，请看下面的指导，来简化这一词典文件安装的过程。
6. 拔出你的 iPod。
7. 通过如下路径，将字典定位到你的 iPod 上：
 - 主菜单：音乐
 - 音乐菜单：艺术家
 - 艺术家菜单：托福听力：按主题分类
 - 托福听力：按难度分类
 - 托福听力：关键表达法



How to Best Use *McGraw-Hill's Conquering the TOEFL Listening Section* for Your iPod

1. **By Topic:** to look up a target language term to hear its pronunciation and English meaning, use **MUSIC > ARTISTS > TOEFL Listening: By Topic**.

Each major category (from "Academic Discussions" to "Work: Academic") appears as a separate Album. Select the appropriate category, and within that album select the desired passage (for example, "Criminology Class" or "Getting Directions") or play all.

On the screen, you will see the passage title. Select the title and click, as you would **choose** a song. You will then hear the passage and following questions.

Note: you might like to use the Music/Song menu to select your favorite songs. All of the audio files in this dictionary are organized (in the Sort field) to appear at the end of your song list so that the dictionary entries do not interfere as you scan through your favorite music songs. Similarly, each Album letter appears at the end of your Album list.

2. **By Level:** to select audio passages by level of difficulty, use **MUSIC > ARTISTS > TOEFL Listening: By Level**.

All the passages are categorized by level, from 1 (easiest) to 3 (hardest). They are also grouped by type of passage: Lecture & Discussion, Short Conversation, and Short Dialogue.

Note: the Short Dialogues included in these recordings are brief exchanges between two speakers. Although these passages are much shorter than those you will encounter in the test, they are a useful means to improve your listening comprehension skills.

3. **By Key Expressions:** to study and review key expressions, common idioms, and phrasal verbs, use **MUSIC > ARTISTS > TOEFL Listening: Key Expressions**.

Each initial letter (A-Z) appears as a separate album. Select the appropriate letter, and within that album scroll down to locate the required entry.

An idiomatic expression is a group of words that does not have the same meaning as any of the individual words in the group. For example, *on*

如何更好地使用《攻克托福听力金盘宝典》听力部分

1. 按主题分类：查找目标词条，听单词发音和它的英文意思，使用音乐 > 艺术家 > 托福听力：按照主题分类。

每一个大类（从“学术讨论”到“专业领域”）都被分成单独的专辑。选择适当的类别并且在相应的主题专辑中选择想要读取的内容（比如：“犯罪类”或者“使用指南”）或者全部播放。

在屏幕上，你会看到题目，选择题目后按确认键，像你选择一首歌曲一样，然后你就能听到文章和随后的问题了。

注意：所有在这个字典中的音频文件都是分类显示在你的音乐菜单的底部，这样就可以避免你同时浏览自己喜欢的歌曲和进入词典时二者相互影响。同样，每一个专辑的字幕也会出现在你专辑列表的底部。

2. 按难度分类：根据难易程度选择音频，使用音乐 > 艺术家 > 托福听力：按难度分类。

所有的对话都按难度分类，从1（最容易的）到3（最难的），他们也按对话的种类分组：演讲和讨论、短会谈和短对话。

注意：录音中包含的短对话是在两个对话者中间简短的交流。虽然这些文章比你在考试中见到的实际文章要短很多，但是这些对话对提高你的听力技巧很有帮助。

3. 关键表达（按关键表达分类）：为学习和复习那些重要表达、常见习语及短语动词，使用音乐 > 艺术家 > 托福听力：重要表达。

每一个首字母（从A到Z）都（作为一个单独的专辑出现）选择合适的字母，（进入后）向下滚动目录到想要的路径。

地道的习语表达是单词的组合，但其意思与其中任何一个单独的单词均不同。例如，“on the other hand”的意思是“然而”，和“手”这个单词并无关联，这一部分将帮你识别并且理解习语在上下文中的含义。



the other hand means however. It has nothing to do with the word *hand*. This section will help you to identify and understand idioms in context.

Note: if your iPod has a Lyrics field, use it to view the text for each passage and question (the same text that appears in this booklet).

4. Study Your Way: *McGraw-Hill's Conquering the TOEFL Listening Section for Your iPod* is ideally suited to enable you to create your own playlists—for homework, a test in class, or review. Just as you can create a playlist of your favorite music, name the folder in iTunes and copy or drag entries into it.

How Do I Prevent iPod TOEFL Files Playing When I Shuffle My Music?

Your iPod dictionary contains a large number of MP3 files that require approximately 300MB of free memory. You can exclude dictionary entries when you shuffle your music in the following ways:

1. By creating a playlist that contains all your non-TOEFL songs, then shuffling this playlist.
2. By deselecting your iPod TOEFL files. This is done by first highlighting all the TOEFL entries in iTunes. Click the top entry to highlight it, scroll down to the final entry and hold down Shift as you click it; this will highlight all the TOEFL entries in between. Then right click on your mouse and select "Uncheck Selection" in the pop-up menu.



THE TOEFL LISTENING SECTION

The Listening Section is one of four parts to the TOEFL test (along with Speaking, Reading, and Writing). It lasts between 60 and 90 minutes and accounts for up to 30 points, representing 25 percent of the total score. The Listening Section measures your ability to understand conversations and lectures in English. You will need to be able to master three skill sets.

1. BASIC COMPREHENSION: What are the major points? What are the main ideas? What are the important details?

注意：如果你的 iPod 有同步歌词库，就可以用它来看每一篇对话和问题的文本。（和本书里的文字一样。）

4. 自主学习：McGraw-Hill 的《攻克托福听力金盘宝典》对于你的 iPod 来讲是用以建立你自己的播放菜单的理想选择（你可以建立家庭作业菜单、课堂测试菜单、或者是复习的菜单）。就像建立一个你喜欢的音乐播放菜单一样，在 iTunes 中命名文件夹，然后复制或者拖进文件夹里。

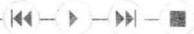
当欣赏音乐时如何防止 iPod 里的托福文件被播放？

你的 iPod 词典包含大量的 mp3 文件，需要近 300 兆的存储空间，你可以用以下方式防止在欣赏音乐的时候误播词典文件：

1. 建立包含所有非托福的歌曲播放菜单，然后随机播放这个菜单。

2. 取消 iPod 里的托福文件。方法是先在 iTunes 里面加亮所有 TOEFL 文件。点最上边的一个文件，滚动到列表的最下面，按 shift 的同时点击最下边的文件，就可以将二者中间的所有 TOEFL 文件选中。然后单击鼠标右键，在快捷菜单里选择“取消选择”。

（二）应试策略



托福听力部分

听力部分是托福考试中四部分之一（其余分别为口语、阅读和写作），时间长度在 60 分钟到 90 分钟之间，总共 30 分，占总分数的 25%。听力部分测试你理解英文对话和演讲的能力，你需要掌握三点技巧。

1. 基本理解：重点是什么？主题思想是什么？重要细节是什么？
2. 快速理解：讲话者态度如何？这段对话的作用和目的是什么？讲



2. **PRAGMATIC UNDERSTANDING:** What are the speakers' attitudes? What is the function or purpose of the topic? What is the degree of certainty of the speaker?
3. **CONNECTING AND SYNTHESIZING INFORMATION:** What are the connections between ideas? What inferences can be made? What are the relationships between ideas?

There are two different kinds of talks in the Listening Section of the test.

Academic Conversations

The conversations are approximately three minutes long.

There are two speakers. You will see a picture on the screen which tells you who the speakers are and where they are talking. These pictures do NOT help you answer the questions.

The topics are college related.

After you hear the conversation, you will hear and see each question before the answers appear.

On each test there will be two or three conversations with 12–15 exchanges. Each conversation will be followed by five questions.

Academic Lectures

Each lecture lasts three to five minutes. Each lecture will contain 500 to 800 words.

These talks are similar to classroom lectures given in a university course. The language is natural, so there may be hesitations or repetitions.

There may be only one speaker, usually a professor. Some passages include classroom discussions.

There will be a series of context-related pictures and visuals for each discussion, followed by six questions.

There will be four to six lectures per test.

General Strategies for the Listening Section

1. Watch the time carefully in this section. Although you can take as long as you want to answer a question, you will have only 60 to 90 minutes for the

话者确定的程度如何？

3. 联系以及综合信息：观点之间有何联系？能得出怎样的推论？观点之间的关系是什么？

听力考试部分有两种不同形式的谈话。

学术类对话：

对话接近 3 分钟。

有两个讲话者，你将会在屏幕上看到一幅图片，这幅图片告诉你讲话者是谁以及他们在哪里交谈，这些图片并不能帮助你回答问题。

这些对话和大学相关。

在你听完对话之后，在答案出现之前你将听到并且看到每一个问题。

每个测试都有 2 个或者 3 个对话，包含了 12~15 次角色交换。每段对话后有 5 个问题。

学术类演讲：

每段演讲持续 3 到 5 分钟，包含 500 到 800 个单词。这些演讲和大学课程里的演讲相似，语言是自然的，可能会有犹豫或者重复。

也许只有一个讲话者，通常是教授。一些文章还包含课堂讨论。

将有一系列与每段讨论内容背景相关的图片和视觉效果，之后有 6 个题目。

每个测试有 4~6 个演讲。

听力部分的应试技巧：

1. 仔细看这部分的时间。虽然你可以随心所欲地按照你自己的时间回答问题，但是整个部分只有 60 分钟到 90 分钟的时间作答。注意计时器，它提示你还有多少时间，并且注意屏幕右上角的表示



whole section. Watch both the clock icon, which tells you how much time you have left, and the item number in the upper right corner of the screen, which tells you how many items you have done and how many there are in the entire section.

2. Never spend too long on any one question. Focus on the question you are answering, and try to forget previous questions.
3. Always guess. Try to eliminate choices that are clearly wrong and then guess. If you have NO idea, just guess quickly instead of rereading choices.
4. Understand the meanings of *imply* and *infer*. Many questions use these words. A speaker implies something without stating the point directly. A reader infers a meaning from what the speaker says even if the point isn't stated directly.

Since the aim of this program is to encourage repeated listening to the audio passages, multiple choice answer options are not provided. The audio questions that follow passages will however test your understanding of the passage, and correct answers are provided in this booklet. Similarly, questions that include visual components are not included. On the test, portions of a conversation or lecture may be repeated. The following example illustrates how you will interact with the screen when answering questions. On the test you will be able to take notes.



EXAMPLE

On the computer screen, you will see:



项的数字，它会告诉你做了多少项，还有多少项没有做。

2. 不要在某一题上花费太多的时间，将注意力集中在你正在回答的问题上，试着忘记之前的问题。
3. 学会猜测。试着去排除那些明显错误的答案然后猜测。如果实在你不知道，就快速猜一个答案而不是把所有的选项再读一遍。
4. 理解“暗示和推论”的含义。很多问题都用这两个单词，讲话者暗示某件事情时不会直接给出立场。读者从讲话者的话中推断他的意思，即使他并没有明确说明其观点。

因为这个项目就是鼓励人们重复地去听音频文件，并没有提供多选项择的选项。文章下面的题目将会测试你对整篇文章的理解，然后在这本书中找到正确答案。同样，含有视觉成分的问题不包括在内。在测试中，对话和演讲中的部分将会重复。下面的例子解释了在回答问题的时候你和屏幕如何互动，在这个测试中你可以做笔记。

(三) 示例分析



在电脑屏幕上，你将看到：





You will hear:

Rachel: (knock, knock) Professor Smith?

Professor: Yes, come in.

Rachel: Hello. I'm a junior in your adolescent psychology class, and I was hoping that you'd be able to recommend some clinical psych Ph.D. programs for me.

Professor: You're Rachel Weiss, aren't you? Your papers and exams have been excellent so far. Have you taken the GREs yet? What's your GPA?

Rachel: It's 3.96. I'm planning on taking the GREs in April. To be honest, I'm not too worried; my SATs were quite good.

Professor: That's a plus. Clinical psych is extremely competitive since, as I'm sure you know, there are very few programs. You seem to be a good candidate. Have you done any practica?

Rachel: Yeah. Last semester I had an internship at the university counseling center.

Professor: Make sure a supervisor from the center writes one of your recommendations.

Rachel: Thanks for the suggestion.

Professor: Actually, I'm glad you stopped by. I'm looking for a TA for this course for next semester. Would you be interested?

Rachel: Wow! I'd love to.

Professor: I'll tell you what. I'll put together a list of some schools, and you make sure you're free Mondays, Wednesdays, and Fridays 10–10:50 in the spring.

Rachel: It's a deal. Thank you so much.

Professor: See you on Friday. This time is good.

Now get ready to answer five questions. You may use your notes to help you answer.

1. Why did Rachel Weiss speak to Professor Smith?

- ☐ She wanted to be a TA for him.
- ☐ She wanted him to write her a recommendation.
- ☐ She wanted to work at the counseling center.
- ☐ She wanted his opinion about graduate schools.