

[CET-4] 100 Listening Themes



# 四级听力100

主题

新东方四六级研究中心 © 编著



附赠MP3光盘

- 围绕四级听力常考主题精选100篇听力短文
- 以听写训练方法为基础，提高听力信息辨识度
- 总结关键词语和句型，巩固基础知识，提高听力水平

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## 图书在版编目(CIP)数据

四级听力 100 主题 / 新东方四六级研究中心编著. —  
北京: 北京语言大学出版社, 2010. 4  
ISBN 978-7-5619-2608-6

I. ①四… II. ①新… III. ①英语—听说教学—高等  
学校—水平考试—自学参考资料 IV. ①H319. 9

中国版本图书馆 CIP 数据核字 (2010) 第 059476 号

书 名: 四级听力 100 主题  
编 著: 新东方四六级研究中心  
责任编辑: 余心乐 仲久九  
封面设计: 路丽佳

---

出版发行: **北京语言大学出版社**

社 址: 北京市海淀区学院路 15 号 邮政编码: 100083

网 站: [www.blcup.com](http://www.blcup.com)

电 话: 发行部 (010)62605588 / 5019 / 5128

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印 刷: 北京慧美印刷有限公司

经 销: 全国新华书店

---

版 次: 2010 年 12 月第 1 版 2010 年 12 月第 1 次印刷

开 本: 880 毫米×1230 毫米 1/32 印张: 11.125

字 数: 341 千

书 号: ISBN 978-7-5619-2608-6

定 价: 28.00 元

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如有缺页、倒页、脱页等印装质量问题, 请拨打服务热线: 010-62605166。

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# 前 言

传统四级笔试中，听力的比重一直呈现逐年增加的趋势，其难度也不断提升。如何提高听力部分的得分，为备战四级考试打基础是所有考生面临的问题。听力考试有一定的规律和技巧可循，同时考生也需要选择合适的音频资料勤加练习，这是提高听力水平的必经之路。与此同时四级考试机考试点逐年增加，这也是考生不容忽视的。机考内容包括70%的听力和30%的阅读，其中70%的听力又包括25%的听力理解和45%的综合听力。综合听力包括跟读、听写、语法和结构、拼写以及写作。由此可见，听力将会是未来四、六级考试的重点，只有练好听力才能顺利通过四、六级考试。本书顺应这一趋势，将编写重心从对考试技巧和规律的讲解转移到提升英语的实际运用能力上，帮助考生既为传统四级笔试和即将到来的机考做准备，同时又能将词汇、语法、听力、口语和写作完美组合起来，从而提高英语综合运用能力。

## 话题全面，贴近真题

通过对四级考试20余套听力试题的分析，编者将四级听力涉及的题材分为十个大的主题，分别为：校园生活、家庭生活、社会生活、人物传记、人与自然、医疗健康、科普文化、职场工作、外出旅游和杂谈轶事。这十个大的主题涵盖了历年四级听力真题的所有话题，每个主题下的文章篇数根据其在考试中的重要性来安排，针对常考话题所选的文章也会多一些。文章选材均来源于VOA、BBC及其他国外网站，为考生倾力呈现高仿真度的听力小短文，便于考生轻松应对考场听力。

## 设题巧妙，考查全面

鉴于四级机考的发展趋势，本书在题目设置上力求做到对听写、结构、拼写以及写作的综合考查。每篇文章设有5~6道题，前2~3题为问答题，题干设置完全模拟真题，其与传统的多项选择题的区别在于：多项选择题只能单纯地考查考生对篇章的理解，有时甚至可以单纯通过关键词语或猜测来选择正确答案，而主观问答题既能考查考生对篇章的理解，也能考查考生在听写、结构、拼写及写作方面的综合能力，符合四级考试未来的考查趋势。后3道题均为短文

听写，形式是从文中节选三段文字，精心挖空；所选单词涵盖了四级听力的重点词汇，体现了对单词听写、结构和拼写的综合考查。

#### 考点总结，重点突出

除了练习听力和做题之外，我们还为考生精心挑出了每篇文章中出现的考点。这些考点包括四级高频词汇、重点短语和实用句型。高频词汇均标注了音标，考生可以听录音跟读，练习发音。听力中的另一个难点在于一些固定搭配和习语的理解，所以我们将每篇文章中常考的短语、习语一一挑出，给出准确解释，方便考生集中记忆。同时，我们还摘录了文章中比较实用的句型，考生可以根据需要学以致用，提高写作能力。

#### 贴心栏目，知识拓展

本书在每篇文章前后分别补充了Warming Up和Background Information这两个贴心的板块，旨在帮助考生充分理解文章，全面了解相关话题。在考场做听力题的时候，很多考生都有一种面对突如其来的“连环轰炸”而措手不及的感觉，听了半天却不知所云。本书在编排上充分考虑到这一情况，在听力文章前面设有Warming Up板块，列出了文章中将要听到的核心词，考生可以做好充分准备后再听文章，从而提高做题效率。文章后面的Background Information板块介绍了与文章相关的实用背景信息，语言生动、有趣，可以帮助考生更好地理解文章，同时拓宽考生的知识面，提高考生对于常识性问题的把握能力。

相信考生们在对四级听力进行了如此全方位的学习和训练后，定能提高自身的听力水平，从容应对新四级考试！最后祝所有备战新四级的考生征途顺利，马到成功！



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# 校园生活

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2. Harmonious Dormitory 和谐宿舍
3. Tips to Improve Your Study 改进学习方法
4. College Admission Examination in America 美国大学的入学考试
5. Summer Vacation is Too Long 悠长暑假
6. Teaching Penmanship 书法教学
7. How to Study? 如何学习?
8. Kindergarten and Nursery School 儿童教育
9. Time Spent in a Bookshop 书店里的时光
10. Homecoming Day 返校日
11. Science's Lingua Franca 科学通用语
12. Web Logs 博客



## Examination Stress

### 考试压力

#### Warming Up

- examination
- stress
- university
- competition
- mark
- student
- hurdle
- momentary

#### Exercise 听一听, 练一练

1. What question will be raised by students as the examination is approaching? \_\_\_\_\_
2. According to the passage, where doesn't the pressure apply to examinations? \_\_\_\_\_
3. Besides the examination what will also add to stress? \_\_\_\_\_
4. The stress \_\_\_\_\_ mainly because the number of University places is \_\_\_\_\_, and students are chosen on the level of \_\_\_\_\_, so the examination becomes a \_\_\_\_\_.
5. Stress is \_\_\_\_\_ for effective study and memory, but it is the \_\_\_\_\_ —anxiety, worry, fear of failure etc.—which creates a level of stress \_\_\_\_\_ to cause loss of memory and \_\_\_\_\_ in examinations.
6. This is what \_\_\_\_\_, that they will not remember what they \_\_\_\_\_. Of course, if they haven't learned the work \_\_\_\_\_, stress or no stress will \_\_\_\_\_.

#### Examination Stress

#### 考试压力

Every year, as examinations time approaches, the question of student examination stress is raised in the press, on TV programs, and by students themselves. This problem applies particularly to year 12 students (in Australia, anyway). In many cases this is a once-only opportunity to gain

entrance to a University and a chosen career. Once this hurdle is jumped—successfully—the same pressure does not apply to examinations at University. The stress arises mainly because the number of University places is limited, and students are chosen on the level of their marks, so the examination becomes a competition. Worry about how they will be able to pay for their studies, or repay the government afterwards, also adds to the stress.

Students, who have developed a proper attitude to learning, memory and study, and learned good techniques and habits, should not have to worry about stress. Stress is essential for effective study and memory, but it is the excess stress—*anxiety, worry, fear of failure etc.*—which creates a level of stress high enough to cause loss of memory and memory blocks in examinations. This is what students fear, that they will not remember what they have learned. Of course, if they haven't learned the work in the first place, stress or no stress will make no difference.

Naturally, all of us have moments of self-doubt, but it is when self-doubt becomes more than momentary that it becomes a problem.

## Translation

### 参考译文

每年考试时间临近的时候，都有人提出关于学生考试压力的问题。这些问题来自新闻舆论、电视节目以及学生自己。这一问题在12年级的学生身上显得尤为突出(总之在澳大利亚是这样)。许多情况下，这是可以进入某个大学和从事某一职业的唯一机会。一旦越过这个坎，大学里的考试就再也不会遇到这样的压力了。压力产生的原因主要在于，大学数量有限且根据分数选拔学生，于是考试便成了竞赛。另外，担心自己如何才能支付学习费用或以后如何偿还政府也加重了这种压力。

学生如果已经养成对于学习、记忆与研究的正确态度，掌握了良好的技巧并养成了良好的习惯，就不必为压力而担心。压力对于有效的学习和记忆是不可或缺的，但过度的压力，如焦虑、苦恼、对失败的恐惧等会造成记忆力减退以及考试中的记忆丧失。学生害怕自己在考试中想不起来已经学过的内容。当然，如果他们根本就没有学过这些内容，那么有压力与没压力就没有什么区别了。

当然，我们每个人都有自我怀疑的时刻，但如果是持续性地缺少自信，才成问题。

## Words & Phrases

### 词汇与短语

#### Words

afterwards [ 'ɑ:ftəwədz ] 然后, 后来

approach [ ə'prəʊtʃ ] 临近, 靠近

arise [ ə'reɪz ] 发生, 出现

competition [ ,kɒmpə'tɪʃn ] 竞赛, 竞争

hurdle [ 'hɜ:dl ] 障碍

momentary [ 'mɒməntəri ] 瞬间, 刹那间的

opportunity [ ,ɒpə'tju:nəti ] 机会, 时机

proper [ 'prɒpə(r) ] 适当的, 正确的

self-doubt [ 'self'daʊt ] 自我怀疑, 缺少自信

#### Phrases

add to 增加

apply to 适用于

be essential for... 对……必要的

gain entrance to... 进入……

in the first place 一开始, 起初

in many cases 在许多情况下

loss of memory 记忆丧失

make no difference 没有区别, 都一样

memory block 记忆障碍, 记忆丧失

pay for... 为……付款

worry about... 担忧, 忧虑……

## Sentence Patterns

### 句型

1. **Once** this hurdle is jumped—successfully—the same pressure does not apply to examinations at University. 一旦越过这一坎, 大学里的考试就再也不会遇到这样的压力了。

\***Once**...—一旦……

## Key

### 参考答案

1. Student examination stress.
2. At University.
3. Tuition fee.
4. arises, limited, their marks, competition
5. essential, excess stress, high enough, memory blocks
6. students fear, have learned, in the first place, make no difference



## Harmonious Dormitory

### 和谐宿舍

#### Warming Up

- college
- dorm room
- tricky
- roommate
- communication

#### Exercise 听一听, 练一练

1. What is this passage mainly talking about?  
\_\_\_\_\_
2. To get along well with your roommates, what is the most important? \_\_\_\_\_
3. What is the worst thing if you have a problem with your roommates' actions? \_\_\_\_\_
4. You also have to \_\_\_\_\_ your schedule, take your classes, make friends, \_\_\_\_\_ for clubs, learn how your \_\_\_\_\_ works, get a job and do about 300 \_\_\_\_\_ of reading a night.
5. You'll never \_\_\_\_\_ get on the same page if you never open the book. Talk to \_\_\_\_\_. No two people are going to view their \_\_\_\_\_ the same way, so you're going to need to talk in order to \_\_\_\_\_ those differences.
6. If he has a \_\_\_\_\_ habit of, say, watching \_\_\_\_\_ football match while your parents are visiting and you don't mention that \_\_\_\_\_ you, he will likely continue doing it and you will likely continue \_\_\_\_\_.

#### Harmonious Dormitory

#### 和谐宿舍

Yes! You made it: you're in college. As you might have guessed, the hard part is over. Now sit back in your new dorm room, put your hands behind your head and watch all the hard work from your four grueling years of high school pay off!

Of course, you also have to finalize your schedule, take your classes,

make friends, sign up for clubs, learn how your meal plan works, get a job and do about 300 pages of reading a night. Okay, so college will have its tricky parts, but having a roommate doesn't have to be one of them. If you just follow the rule below, you'll have no trouble getting along with your roommates.

First and foremost, you have to have an open line of communication. You'll never be able to get on the same page if you never open the book. Talk to each other. No two people are going to view their living space the same way, so you're going to need to talk in order to reconcile those differences. Do you see your room as a place to study? To party? To sleep? To stay up late? To listen to loud music? To sit quietly and wait for the warmth of death to take you from this earthly hell? In order to create your ideal dorm space, you need to figure out which of your goals are the same as your roommate's and which don't.

Moreover, if you have a problem with one or more of your roommates' actions, the worst thing to do is not to mention it to him. If he has a nasty habit of, say, watching loud football match while your parents are visiting and you don't mention that bothers you, he will likely continue doing it and you will likely continue being bothered. Your roommate cannot read your mind. If you don't tell him what's wrong, he'll never know and never fix it.

## Translation

### 参考译文

是的，你做到了：你已经进入大学了。正如你所想的，艰难的时期已经结束。现在在你的新宿舍放松一下，把胳膊放在你的脑后，看看你四年艰辛的高中生活所带来的回报吧！

当然，你也需要制定计划表，你需要上课，交朋友，加入社团，学习如何使你的膳食计划奏效，你还需要找份兼职，并且每晚阅读300页文字。当然了，大学生活也会有棘手的事情，但是与你的室友相处没有必要成为其中之一。只要你遵循下面的规则，在与室友相处的过程中你就不会有任何麻烦。

首先，你们必须开诚布公地交流，如果你们不尝试就永远不可能步调一致。要相互交流。任何两个人对待生活空间的观点都不会是相同的，因此你需要沟通来调和那些差异。你觉得你的房间是个学习的地方？开派对的地方？睡觉的地方？可以熬夜的地方？可以听吵闹音乐的地方？抑或一个静静地等待死亡的温暖将你从人间地狱带走的地方吗？为了营造一个理想的宿舍环境，你需要弄清楚你跟室友在哪些地方有共同点，哪些地方没有。

另外，如果你对一个或几个舍友的行为有意见，最坏的事情就是没有向他



提出来。如果他有了坏习惯,比如,在你父母来看你的时候看吵闹的球赛,而你并没有说这打扰了你们,那么他很可能会继续这样做,而你会继续受打扰。你的室友无法了解你的想法。如果你不告诉他哪里不对,那么他永远不会意识到,也就永远不会改正了。

## Background Information

### 背景信息

在受伍德斯托克音乐节影响的上世纪七十年代,大学男女生混住一栋宿舍楼曾引起轰动,《生活》杂志声称,这是“大学校园里的一场亲密革命”。在接下来的二十年,各大学又允许男女生混住一层,使得大学生彼此间亲密起来。现在,一些大学跨过了最后的门槛,允许男女生共居一室。在学生活动分子的敦促之下,美国现在有三十多所高校采取了这一做法。支持者认为,这一趋势对于同性恋和变性的学生而言是个重大进步,消除了他们认为已经过时的性别界线,尤其是对于有很多异性朋友伴随着他们长大的这一代人而言。他们认为,传统的住宿政策侵犯了学生们的权利。但是,一些观察人士对男女混住并不认同。大多数学校认为,此举并不明智。

## Words & Phrases

### 词汇与短语

#### Words

communication [kə'mju:nɪ'keɪʃn] 交流

finalize ['fainəlaɪz] (计划、稿件等)

最后定下来

fix [fiks] 改正

grueling ['gru:əlɪŋ] 折磨人的,使人筋疲力尽的

#### Phrases

be over 结束

continue doing... 继续做……

figure out 计算出,解决,断定

first and foremost 首先,首要的是

follow the rule 遵循规则

get along with... 与……相处

have no trouble 没有困难

mention ['menʃn] 提及,说起

nasty ['nɑ:sti] 令人厌恶的

reconcile ['rekənsaɪl] 使和解,使和谐

schedule ['ʃedju:l] 时间表,进度表

tricky ['trɪki] 棘手的

made it 做到,成功

pay off 还清

read one's mind 理解某人的想法

sign up 签约

sit back 休息,放松,不采取行动

stay up late 熬夜