

# 英语听力 技能训练

Developing Listening Skills

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编 者 李建华 程淑荣 熊蒲娜

Developing

Listening

Skills



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### Developing Listening Skills

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# 致 读 者

改革开放使越来越多的人加入了英语学习者的行列,然而,由于各方面条件的限制,他们当中大多数人听力进步的幅度远远跟不上阅读能力提高的速度。不仅初学者如此,很多具有较高阅读能力的学习者也因听力始终停留在“初级阶段”,影响自己的全面发展。《英语听力技能训练》正是为了帮助这些学习者逐步掌握英语听力技能而编写的。本书适合于大学低年级学生,以及需要提高听解能力的研究生和自学者使用。在使用时请注意它的以下特点。

## 一、分单元 设目标

本书以5课为一单元,共4个单元,每单元附一篇小测验。每课规定了不同的训练目标。例如:辅音练习(第一、二、三课),时间表达法(第十一课)或分辨弦外之音(第二十课)等。这样安排不仅使读者有意识地集中攻克一个个学习难点,也为读者归纳了在特定场合中用以表达某一意念或完成某一功能的常用词语和句型。例如:询问商品价格(第八课),报航班、车次(第十四课)或报道灾害、事故(第十九课),等等。读者可将其中列举的表达法分门别类地抄录在学习卡片上,经常浏览,以加深印象,也可在使用英语的社交活动之前翻阅检索,利用成年人逻辑思维强

的优势，提高听解过程中预期 (Expectation) 的准确性和从音到意的快速反应，也就是从语言知识的角度训练学生在听的过程中积极思维，即所谓“Active Listening”。养成这样的良好习惯，较之单纯地听录音、做练习，效果将会好得多。

## 二、听说并举

俗话说“十聋九哑”，学习“哑巴外语”必然影响听力。学习外语如同学习母语一样，大量地听（输入）固然是开口说（输出）的基础，但发音准确、语调流畅，又是提高听力的必要条件。所以，从根本上提高听力需要从纠正语音、语调入手。听说并举才是高效率的学习方法，这正是本书编写的主要宗旨之一。

首先，为了帮助读者开口，并增强趣味性，本书在第一单元中编排了专供模仿发音的顺口溜（第二、四课）和听写句子（第二、三、五课）。读者在听懂之余，反复模仿，纠正发音。此乃第一层次的口语练习。其次，在做阅读理解简答题时，更应坚持手口并用，连写带说，熟悉简单的对答。这是第二层次的口语练习。第三，本书还能用于难度较大的口语练习。读者可根据列在每个单元之后的录音原文，练习复述文章大意。为了方便自学者，我们将部分短文和对话编成填空练习，供读者复述时参考。（如第四课、测验一和第十课等。）在第三、四单元中，读者可继续照此办理，最终学会独立地用英语讲述大意。

通过提高口语来促进提高听力，在一定程度上锻炼了思维。如第三、七、十课等都设了两种答案，藉以鼓励读者拓宽思路，即从理解途径的角度训练积极主动的听解能力。总之，与只听不说相比，边听边说能达到事半功倍的效果。

## 三、了解自己 克服盲目

所谓“听力差”的真正含意不是指听觉差，而是将“音”与“意”联系起来做出判断的能力差，实际上常常是判断的速度慢了一步。对于“Good morning”、“Bye-bye”一类的英语，人们总是

能做出迅速准确的反应,但对于复杂的句型或生词较多的内容,则往往不尽然。不过,如果我们了解自己对哪些具体语言知识生疏或掌握的不准确,便可对症下药,通过相应的学习与训练,充实语言知识,提高听力。可见,所谓听力弱的原因之一是语言知识上的漏洞。当然,对英语国家文化背景知识了解的多寡,也在较大程度上影响了预期的准确性。据此,本书在结尾处附有自测成绩单和分数换算表(每课45分,每次测验25分,全书满分为1000分。)供读者记录自己的学习成绩,并在评语栏中注明错误的内容、出处和原因,以便使自己心中有数,减少学习上的盲目性,提高时间的利用率。

本书编者从多年的外语教学经验中体会到,科学的学习方法与刻苦的学习精神同等重要。谨以此书献给爱好英语学习的读者,共同探讨英语学习的最佳途径。由于编者水平有限,不当之处,在所难免,欢迎指正。

本书承蒙美国 Cedaville 大学教师 Diane Lichtensteiger 和 Jeffrey D. Burr 审阅,磁带由 Jane Naber 和 Scott Blanton 录音,在此表示衷心的感谢。

**编者**

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# Lesson One

## Part A (15 points)

### Phonetics: Consonants

#### I. Sound Recognition

**Directions:** You will hear one word read from each group. Listen carefully and circle the letter beside the word you hear. (10 points)

- |              |           |           |
|--------------|-----------|-----------|
| 1) a. cart   | b. part   | c. guard  |
| 2) a. pit    | b. bit    | c. fit    |
| 3) a. too    | b. true   | c. drew   |
| 4) a. board  | b. lord   | c. cord   |
| 5) a. club   | b. scrub  | c. rub    |
| 6) a. red    | b. led    | c. head   |
| 7) a. down   | b. brown  | c. town   |
| 8) a. meal   | b. feel   | c. view   |
| 9) a. father | b. mother | c. rather |
| 10) a. sin   | b. thin   | c. win    |

## I. Sentence Completion

**Directions:** You will hear five sentences. In each sentence there is a word which is similar to another in sound. The two confusing words are given in the brackets. Listen carefully and put a tick beside the word you hear. (5 points)

- 1) I have a red (skirt / shirt).
- 2) Let's go to the (club / pub).
- 3) (He's / She's) been here for a long time.
- 4) Did you see the (book / cook)?
- 5) This is your (bill / pill).

## Part B (20 points)

**Dialog**

**Greetings**

### I. Vocabulary

---

Professor      White      Lake      staff

---

### II. Exercise

**Directions:** Listen to the dialog twice, and then complete the following statements according to what you hear. (10 points)

- 1) Mr White is a \_\_\_\_\_. He knows both \_\_\_\_\_ and \_\_\_\_\_.

- 2) Miss Yang is a \_\_\_\_\_. She's in her \_\_\_\_\_ year. She knows \_\_\_\_\_ well, but this is the first time for her to meet Mr Lake. Now she must hurry to \_\_\_\_\_.
- 3) Mr Lake is from \_\_\_\_\_. He is introduced to \_\_\_\_\_. He tells Miss Yang that she \_\_\_\_\_.

## Passage

## The Greens

### I. Vocabulary

---

apartment      accountant      nursery school

---

### II. Exercises

1. **Directions:** Listen to the passage and write "T" (true) or "F" (false) in the brackets for each of the following statements.

(5 points)

- 1) The Greens own a house. ( )
- 2) Jack usually has dinner with his wife and children. ( )
- 3) Mrs Green is a busy woman. ( )
- 4) Jack works in an airline company. ( )
- 5) Nancy works in a nursery school two mornings a week. ( )
- 6) Louise is younger than Dick. ( )

- 7) Nancy is glad to send her child to the nursery school. ( )
- 8) Jack often helps Nancy with the house work. ( )
- 9) Nancy enjoys her day very much. ( )
- 10) The Greens are not very rich. ( )

**2. Directions:** Listen to the passage again, and supply the missing information according to what you hear. (5 points)

- 1) The Greens have \_\_\_\_\_ children.
- 2) They live \_\_\_\_\_ the city.
- 3) Jack is a(n) \_\_\_\_\_, and Nancy is a(n) \_\_\_\_\_.
- 4) Dick is \_\_\_\_\_ years old.

### **A Rhyme to Enjoy**

**Directions:** Listen, repeat and recite. Try to imitate the speaker in order to improve your pronunciation. You will gain 10 points after you have learned it by heart.

One, two, whatever you do,  
Start it well and carry it through.  
Try, try, try again,  
Things will come right by and by.

**YOUR SCORE:** Part A \_\_\_\_\_ / 15 Points  
Part B \_\_\_\_\_ / 20 Points  
Rhyme \_\_\_\_\_ / 10 Points

# Lesson Two

## Part A (20 points)

### Phonetics: Consonants

#### I. Sound Recognition

**Directions:** You will hear one word read from each group. Listen carefully and circle the letter beside the word you hear. (10 points)

- |             |         |          |
|-------------|---------|----------|
| 1) a. bay   | b. may  | c. hay   |
| 2) a. cat   | b. hat  | c. bat   |
| 3) a. pool  | b. cool | c. tool  |
| 4) a. dog   | b. fog  | c. log   |
| 5) a. took  | b. put  | c. hook  |
| 6) a. that  | b. sat  | c. dad   |
| 7) a. ray   | b. say  | c. lay   |
| 8) a. show  | b. low  | c. so    |
| 9) a. drove | b. dove | c. choke |
| 10) a. lead | b. need | c. read  |

**I. Sentence Dictation**

**Directions:** Listen carefully and repeat the sentence you hear. Then listen again and write it down. Check your answer when you hear it a 3rd time. (10 points)

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

**Part B (25 points)**

**Dialog**

**About the Weather**

**I. Vocabulary**

\_\_\_\_\_

prefer    skating    breezy    predict    shower

\_\_\_\_\_

**II. Exercise**

**Directions:** Fifteen words are missing in the following statements. Listen to the dialog twice and fill in the blanks. (10 points)

- 1) The man prefers \_\_\_\_\_ because he enjoys \_\_\_\_\_ in winter.
- 2) The woman prefers \_\_\_\_\_ because

she enjoys \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ in summer.

- 3) It was \_\_\_\_\_ yesterday, but \_\_\_\_\_ and \_\_\_\_\_ today. However, the weatherman predicts \_\_\_\_\_ in the \_\_\_\_\_. The man doesn't like this, for he is going to have an \_\_\_\_\_.

### Passage

#### The Weather in New York City

#### I. Vocabulary

---

humid      climate      changeable

---

#### II. Exercises

1. Directions: Listen to the passage and write "T" (true) or "F" (false) in the brackets for each of the following statements.

(5 points)

- 1) The four seasons are clear-cut in New York City. ( )
- 2) In New York City it is cold and humid in winter. ( )
- 3) Fall is a comfortable season in New York City. ( )

- 4) Very few people enjoy spring because it is windy. ( )
- 5) The change of weather in New York City is predictable. ( )

**2. Directions:** Listen to the passage again and fill in the blanks with the words you hear.

(10 points)

While talking about the weather in New York City, the two speakers used many adjectives. They use \_\_\_\_\_ and \_\_\_\_\_ for winter, \_\_\_\_\_ and \_\_\_\_\_ for summer, \_\_\_\_\_ and \_\_\_\_\_ for \_\_\_\_\_ and \_\_\_\_\_. The weather in New York City is compared to a \_\_\_\_\_ because it is very \_\_\_\_\_.

**Joke                      The Weatherman and the Climate**

**Directions:** Listen to the joke twice and complete the following statements.

- 1) Our weatherman was \_\_\_\_\_ about the weather.
- 2) Because he thought the \_\_\_\_\_ in our county \_\_\_\_\_.

**YOUR SCORE:**    Part A \_\_\_\_\_ / 20 Points  
                           Part B \_\_\_\_\_ / 25 Points



# Lesson Three

## Part A (20 points)

### Phonetics: Consonants

#### I. Sound Recognition

**Directions:** You will hear twenty pairs of words. Listen carefully and decide if the two words are the same in sound. Write "S" if they are the same, and "D" if they are different.

(10 points)

- |           |           |           |           |           |
|-----------|-----------|-----------|-----------|-----------|
| 1) _____  | 2) _____  | 3) _____  | 4) _____  | 5) _____  |
| 6) _____  | 7) _____  | 8) _____  | 9) _____  | 10) _____ |
| 11) _____ | 12) _____ | 13) _____ | 14) _____ | 15) _____ |
| 16) _____ | 17) _____ | 18) _____ | 19) _____ | 20) _____ |

#### II. Sentence Dictation

**Directions:** Listen carefully and repeat the sentence you hear. Then listen again and write it down. Check your answer when you hear it a 3rd time.

(10 points)